TORONTO
metro®
Tuesday, March 17, 2015
NEWS WORTH SHARING.

REAL COLA TASTE
30% LESS SUGAR
VS. THE LEADING REGULAR COLA
NO ARTIFICIAL SWEETENERS

IRRESISTIBLY
FUN.

Amazing smartphones on sale now.

With network speeds up to 45% faster than before[1] and completely affordable rate plans, there's never been a better time to switch to Bell.

Samsung Galaxy S5™

$99.95[2]

2-yr Plus plan with data
$699.95 No term

Samsung Galaxy Alpha™

$0[2]

2-yr Plus plan with data
$699.95 No term

LG G3

$0[2]

2-yr Plus plan with data
$699.95 No term

Sony Xperia® Z3 Compact

$0[2]

2-yr Plus plan with data
$549.95 No term

Did you know you can trade-in your existing device? Visit any Bell store for a quick appraisal and get up to $250 towards a new one.[3]

Visit a Bell store • 1 888 4-MOBILE • bell.ca

Bell getting a new smartphone just got better

Get expert advice today.
Visit a Bell store near you:

AJAX
Durham Centre

ALLISTON
36 Young St.

AURORA
14799 Yonge St.
SmartCentres Aurora

BARRIE
44 Cedar Point Dr.
Barrie Power Centre
Georgian Mall
Heritage Square

BOLTON
Smart Centres Bolton

BOWMANVILLE
Clarington Place

BRAMPTON
100 Great Lakes Dr.
10086 Hurontario St.
Bramalea City Centre
Shopper's World

BURLINGTON
1100 Walker's Line
Appleby Crossing
Burlington Mall
Mapleview Mall

CAMBRIDGE
499 Hespeler Rd.
Cambridge Center

COBOURG
Northumberland Mall

ETOBICOKE
Cloverdale Mall
Sherway Gardens
Woodbine Centre

GEORGETOWN
330 Guelph St.

LINDSAY
229 Kent St.
Whitney Town Centre

MAPLE
Rutherford Marketplace

MARKHAM
7357 Woodbine Ave
Markville Shopping Centre
Pacific Mall

MILTON
377 Main St. E.

MISSISSAUGA
980 Eglinton Ave. E.
Creekside Crossing
Dixie Outlet Mall
Erin Mills Town Centre
Heartland Power Centre
Sheridan Centre
SmartCentres Westgate
Square One Shopping Centre

NEWMARKET
Upper Canada Mall

NORTH YORK
Bayview Village
Centerpoint Mall
Crossroads Plaza
Empress Walk
Fairview Mall
Lawrence Square
North York Sheridan Mall
Sheppard Centre
Shops at Don Mills
Yorkgate Mall

OAKVILLE
478 Dundas St. W.
Oakville Place

ORANGEVILLE
114 Broadway Ave.

OSHAWA
Oshawa Centre
Oshawa Sobeys Plaza

PICKERING
Pickering Town Centre

RICHMOND HILL
Hillcrest Mall

SCARBOROUGH
259 Morningside Ave.
Eglinton Square Shopping Centre
Malvern Town Centre
Scarborough Town Centre

SUDBURY
Brady Square
New Sudbury Centre
Southridge Mall

THORNHILL
The Promenade

TORONTO
120 Adelaide St. W.
2256 Bloor St. W.
2171 Queen St. E.
2323 Yonge St.
Chinatown Centre
College Park
Dufferin Mall
East York Town Centre
Gerrard Square
Holt Renfrew Centre
Royal Bank Plaza
Scotia Plaza
The Stockyards Mall
Toronto Eaton Centre
Yorkdale Shopping Centre

UXBRIDGE
307 Toronto St. S.

VAUGHAN
Vaughan Mills

WHITBY
SmartCentres Whitby
Whitby Mall

WOODBRIDGE
4080 Highway 7

Also available at:

The SOURCE I WANT THAT

Offer ends March 31st, 2015. Available within network coverage areas available from Bell Mobility; see bell.ca/coverage. One-time connection charge ($15) and SIM card charge ($4.95) may apply. Taxes extra. Other conditions apply. If you end your Commitment Period early, a Cancellation Fee applies; see your Agreement for details. Subject to change without notice. **(1)** Based on comparison of the shared LTE network theoretical download speeds of up to 75 Mbps (expected average download speeds 12-25 Mbps) vs. the enhanced shared LTE network theoretical download speeds of up to 110 Mbps (expected average download speeds 14-36 Mbps). Actual speeds may vary due to topography, environmental conditions, device type and other factors. **(2)** Available with new activations or upgrades with $80/mo. spend before tax ($60/mo. plan + $20/mo. for 500MB data) or a $60/mo. plan if adding to an existing account. Promotional pricing may apply; visit bell.ca/rateplans for details. **(3)** At participating locations. Must be 18 yrs+ and legal owner. Max. 1 phone/tablet per trade-in. Rebate applies at the time of purchase on the price of the device and/or accessories in-store after taxes. Amount of rebate depends on the value of the phone/tablet; not all phones/tablets will get a rebate. See bell.ca/tradein for details. Samsung Galaxy S5 and Samsung Galaxy Alpha are trademarks of Samsung Electronics Co., Ltd., used in Canada under license. Sony is a trademark of Sony Corporation. Xperia is a registered trademark of Sony Mobile Communications AB. "LG", the "LG logo" and "LG G3" are the property of LG Corp and its affiliates.

Tuesday, March 17, 2015

metronews.ca | twitter.com/metrotoronto | facebook.com/metrotoronto

TORONTO metro®

$14,000,000
March 18 Jackpot
PLUS 56 GUARANTEED PRIZES
LOTTO 649

METROTALKS
Conversations with Canadian leaders

Thomas Mulcair speaks out

ON JUSTIN TRUDEAU

'Trudeau's priority is Justin Trudeau.'

ON STEPHEN HARPER ON ISLAM

'It's beneath contempt.'

ON OUR CITIES

'Toronto is Canada's most important city.'

PLUS:
• Chantal Hébert on NDP's urban strategy
• Mulcair beards Harper • Mulcair's wife: He's shy

PAGES 8, 9 & 12

Yorkville residents 'drowning' in dog doo-doo

Bylaws. Locals ask city for more enforcement to ensure pet owners take care of business

LUKE SIMCOE
luke.simcoe@metronews.ca

John Caliendo is tired of stepping in it.

"It's everywhere," says the co-president of the ABC Residents Association in Yorkville. "It's all over the parks; it's on the sidewalk outside Holt Renfrew."

The "it" Caliendo is referring to is dog poop. Yorkville is ground zero for the city's condo boom, and with the new development has come dogs. Lots of them.

And with the dogs has come poop. Lots of it.

"We're drowning … up here," Caliendo said.

Most dog owners take responsibility, but scooping scofflaws have become a real issue for the Yorkville community. Caliendo is lobbying the city for more bylaw enforcement, and the residents' association has refused to approve new condo developments that lack on-site facilities specifically for dogs.

The city is aware of the issue and staff are considering making pet amenities a requirement for all tall buildings, city spokesman Bruce Hawkins told Metro.

"We already have a statement 'requesting consideration of' on-site amenities," he said. "What we are looking to do is make this language stronger."

The poop problem is particularly odious at Jesse Ketchum Public School on Davenport Road. Despite a nearby dog run, owners are flouting leash laws and letting their pets do their business on the school's new $500,000 field.

"The feces is all over the field. It's a real hazard for the kids," said David Cherrington, a parent at the school.

Quoted

"All we want from the city is enforcement. Just take this seriously."
John Caliendo, co-president of the ABC Residents Association

Caliendo doesn't think the problem is unique to Yorkville. He said many densifying areas, from Liberty Village to City Place, are up to their necks in dog doo.

One solution, he said, would be adding a small levy to strata fees to help pay for more bylaw enforcement, street cleaning or on-street poop disposal stations.

Briar de Lange, director of the Bloor-Yorkville BIA, believes remedying the problem involves residents taking a stand against negligent dog owners.

"These people need to be shamed," she said.

NEWS 1

Massive rail hub set for Milton

Transportation. Mayor vows to fight CN with everything they have

A "David and Goliath" battle is shaping up in Milton, where CN is about to announce plans for a 400-acre rail distribution centre that throws a wrench into the region's carefully crafted growth management strategy.

Milton's mayor and top bureaucrat are vowing the town will not go down without a fight.

"We have 50,000 residents, 20,000 houses planned for the area north of this (intermodal) facility. CN came in last week and pronounced that they are going forward — no formal application, no formal announcement," said Milton's chief administrative officer, William Mann. "We know they are announcing it on Thursday. When Milton residents hear about this, they will be lying down on the tracks."

Mann said the town, one of Canada's fastest-growing municipalities, has been told that CN, as a former Crown corporation, still has a certain power to circumvent municipal planning as governed by the province of Ontario.

Mann and Mayor Gord Krantz told Torstar the town has been "blindsided" by the plan for a facility — between Britannia Road and Lower Base Line — that the town says would operate 24/7, transferring containers between trains and trucks.

CN will bring more trains and 1,500 trucks to Milton, if its plans go ahead. THE CANADIAN PRESS

The town says it would bring 1,500 trucks and four additional trains into Milton every day, on CN-owned land that isn't supposed to be used for such a facility according to Milton's planning strategy.

Under Sustainable Halton, the land has been earmarked for strategic employment, with a mix of residential and commercial development surrounding it, as well as environmentally protected lands.

"It's completely contrary to what we had planned," Krantz said. "If I knew what was being proposed by CN, I certainly wouldn't be purchasing. Or if I already purchased one (of the newly built homes) and I wanted to get out from under it — I can imagine the possible legal battles."

But Krantz is vowing to do everything the town can to fight CN, even if the rail giant has the federal government on its side. Referring to the tale of David and Goliath, Krantz said: "We all know how that story ended. I've got my one shot ready."

He said Milton is already working with Halton Region and other partners on a legal strategy but said he didn't want to tip his hand.

CN responded to Torstar's questions about the project with a brief statement: "CN owns approximately 1,000 acres of land in the Milton, Ont., area. As part of its ongoing business operations, CN continually reviews its facilities and real-estate holdings to ensure they are adequate to accommodate growth in its various businesses. Such is the case with CN's Milton property. CN has no further comment at this time."

CN had proposed a similar project in 2001 that was withdrawn after the town and region identified major issues with it, according to a news release from the Town of Milton.

Multiple sources said the CN plan is set to be unveiled Thursday at a breakfast event hosted by the local chamber of commerce.

As the MP for Halton riding, Federal Transport Minister Lisa Raitt represents Milton. A statement from the ministry to Torstar said only that Raitt would attend the Chamber event Thursday "and looks forward to the presentation."

TORSTAR NEWS SERVICE

Quoted

"You ain't seen nothing yet. Wait until the developers, especially in the residential sector, hear. I suspect their reaction will be something like mine."

Milton Mayor Gord Krantz

See where your love for music can take you.

Audiologist
Sound mixer
Music arranger
Audio technician
Choreographer
Tool designer
Sound technician
Electrical engineer
Intellectual property lawyer
Talent agent
Purchasing agent
Wholesaler
Media relations director
Magazine editor
Interpreter
Musician
Graphic artist
Public relations representative
Advertising manager
Intellectual property agent
Music therapist
Instrumentation engineer
Concert singer
Accountant

Turn your passion into a career. We can help.

With grants and loans available from the Ontario Student Assistance Program, finding financial help for college and university is easier than you think.

You can apply starting April 2015.

ontario.ca/osap

Ontario

Paid for by the Government of Ontario

Board hearing

Suspect accused in bomb plot to remain in custody

A Pakistani man the federal government has branded an Islamic State supporter and accused of plotting bomb attacks on downtown Toronto was ordered to remain in custody on Monday pending a decision on whether he'll be deported.

Jahanzeb Malik shook his head at times but said little as he appeared via video link from the jail in Lindsay, Ont., at a hearing before the Immigration and Refugee Board.

Government lawyer Jessica Lourenco made no new allegations against him.

"The minister wishes to rely on previous submissions in establishing that Mr. Malik would be unlikely to appear for his admissibility hearing and for the current and future danger to the public if he were at liberty,'' Lourenco said.

"The minister continues to gather and examine evidence related to Mr. Malik's inadmissibility on the grounds of security."

At his first hearing a week ago, Lourenco accused Malik, 33, of planning to blow up the U.S. consulate in Toronto and buildings in the city's financial district. She also said he was an Islamic State and al-Qaida supporter who planned to video the bombings to inspire others to follow suit.

"Mr. Malik indicated his belief that the violent jihad was being waged against Western enemies was righteous," Lourenco said last week.

THE CANADIAN PRESS

Smiley the wonder dog now an online sensation

Beloved pet. Born without eyes in a puppy mill, this canine's story has been viewed by millions on the web

Smiley goes about a typical day with his family in their home near Stouffville on Sunday. Rescued 10 years ago from a puppy mill by Joanne George, Smiley was trained as a therapy dog, always working with a smile, even though he doesn't have any eyes. His story has gone viral and shared more than 180 thousand times. TARA WALTON/TORSTAR NEWS SERVICE

Smiley, the world-famous dog from small-town Ontario, lives up to his name.

The 12-year-old golden retriever trotted along the pavement in front of his home in Musselman Lake, just north of Stouffville, on Sunday, his wagging tail and constant canine grin belying his tumultuous early life at a puppy mill, where he was born without eyes. More than a decade later, he's a therapy dog, beloved family pet, and suddenly an online sensation.

Millions have seen Smiley's story online in recent days, and his owner, dog trainer Joanne George, isn't surprised. "Anyone who meets him, I see how touched they are," she says.

George isn't sure how the fuss got started, but thinks someone in the media may have picked up on photos of Smiley posted online a few years ago by a local pet photographer.

The family has faced a barrage of calls about their cherished pet. They've had coverage from media outlets across the U.S. — CBS News, CNN, Fox, Inside Edition, BuzzFeed and the Washington Post, to name a few. On the CBS News website alone, Smiley's story has been shared more than 190,000 times. The family has also started getting international calls from as far away as Italy and Brazil.

"This morning it was Korea," George says with a laugh. "Someone in Korea wants to do some kind of animated film."

Back in 2004, George rescued Smiley from the puppy mill near Peterborough where he was born. She first met him when he was covered in scars and unable to see due to a condition associated with dwarfism — he's smaller than a typical golden retriever, with a slightly larger head — which left him anxious and afraid.

But soon enough, the lovable pup learned to trust his new owner, and George quickly realized Smiley's story and personality resonated with everyone he met. "I thought he'd be such a great therapy dog," she recalls.

So she made it happen. For the past seven years, Smiley has worked as a St. John's Ambulance Therapy dog, helping children learning to read and comforting the elderly by visiting nursing homes, libraries, children's programs and schools in the Whitchurch-Stouffville area, about 45 minutes north of Toronto.

But amid all the positive coverage, George says, there's another side to Smiley's story: He's getting older, and a compressed disc in his back could jeopardize his therapy dog career.

TORSTAR NEWS SERVICE

Get a Fresh Financial Start

Get Out of Debt Without Bankruptcy Without Loans

SPEAK TO THE Licensed Debt Professionals

FREE CALL 310-9200

(NO AREA CODE NEEDED)

DAVID SKLAR & ASSOCIATES INC.
Licensed Credit Counsellors · Licensed Proposal Administrators · Trustee in Bankruptcy

www.DavidSklar.com

David Sklar, CPA, CA, CIRP, Trustee

Metrolinx looks to harmonize wayfinding

Transit. Team in and around Toronto working to identify weaknesses in the signage system

LUKE SIMCOE
luke.simcoe@metronews.ca

Tim Fendley wants to make it impossible to get lost on transit in the Greater Toronto Area.

The head of Applied Wayfinding in the U.K. is one of the people tasked with harmonizing the signage and directions given to users of 10 different transit agencies from here to Hamilton.

"Right now in the GTHA, if you stay within a certain transport agency's region, you're OK," he said. "But when you start travel across different authorities, it becomes this hidden and confusing system that creates uncertainty.

"Good wayfinding is about reducing that uncertainty."

According to Metrolinx's chief planner, Leslie Woo, wayfinding improvements were part of the agency's 25-year Big Move plan but were "ramped up" with the introduction of the Eglinton Crosstown line.

"We realized the line touches the GO system, the TTC subway system and will hopefully eventually connect out to Mississauga," she said. "So we couldn't just do wayfinding for that project; we had to understand the whole region."

While much of the harmonization initiative will look at signage — for example, which symbol is used for buses — Fendley says wayfinding encompasses everything from digital apps to nomenclature.

"It's about understanding how the brain does geography," he said.

Fendley and his team have been in and around Toronto identifying weaknesses in regional wayfinding systems and looking for ways to improve them. Much of the work has involved sending people out to ride the rails.

In one instance, a test rider took 11 hours to make what should have been a three-hour trip. Fendley blamed the situation not on delays but rather poor directions that led the woman to take the wrong route.

Both Fendley and Woo cited Finch Station as another place where wayfinding is letting riders down. The station is an interchange between GO, the TTC and York Region/Viva Transit.

"If someone has told you that you need to get the subway to Finch and then catch the Viva bus, you'd be walking around the TTC bus station thinking it doesn't exist," Fendley said. "There are maps on the wall that don't tell you there's another bus station around the corner."

And don't get Fendley started on the PATH.

"Whoever decided to put north, east, south and west signs underground, I have no idea," he said.

Quoted

"Without some degree of consistency, it becomes disorienting for people to move from one wayfinding system to another."

Leslie Woo, chief planning officer at Metrolinx

What is wayfinding?

Metrolinx defines transit wayfinding as "the range of maps, signs, graphics and other information that helps transit users navigate through the public-transit network." Good wayfinding, Metrolinx says, "can help transit users understand how different services connect to one another, making them feel more comfortable."

Lectures

Metrolinx and Spacing Magazine will host two lectures about the wayfinding initiative in Mississauga and Toronto on March 24 and 25, respectively. For more information, visit spacing.ca.

Commuters make the trek through Union Station. TORSTAR NEWS SERVICE

Mobilize-ing our workforce

Jobs. With Canada's youth unemployment on the rise, Diamond Group of Companies wants to rotate workers to labour-short places

GILBERT NGABO
gilbert.ngabo@metronews.ca

On a job hunt?

A Toronto group is proposing what could sound like a dream job to many: sending new hires to live and work in three different locations per year.

"We are extremely excited," said Benjamin Guth, the project manager of Mobilize, a youth employment wing at Diamond Group of Companies.

As Canadian youth unemployment remains high — 13.3 per cent as of February according to Statistics Canada — Mobilize looks to tackle the problem in an innovative way.

Quoted

"It's funny. Being Toronto-centric you'd think there's no place that's short of recruits, but there's a lot of them out there."

Benjamin Guth, manager of Mobilize

Members of Mobilize have been seeking partnerships with employers across the country in order to help them defeat workforce shortages, explained Guth. A qualified candidate — aged 18 to 30, with a high school diploma and no criminal record — canget a placement in a rural region, a metropolis and a resort/ touristic area, he said.

Most youth can't find work in urban areas mainly due to lack of experience and connections in their preferred career industry, and this project will help them in both categories, he said.

"It's funny. Being Toronto-centric you'd think there's no place that's short of recruits, but there's a lot of them out there," Guth said, adding that employers have committed to covering the cost of housing for these new workers.

Benjamin Guth, right, with two other members of Mobilize, aims to help people find short-term work. CONTRIBUTED

Sometimes, people also find it "scary" to make long-term commitments to work in remote areas, which is why Mobilize is aiming for short stints, said Guth.

"This will be a great opportunity for them to explore their options for permanent work," he said.

"That's why we put a cap on one year for them, to make up their mind without having to burn out."

Mobilize was developed as a response to recent immigration changes that made it difficult for employers to bring in foreign workers, Guth said.

The group has sent 25 young people to work in tourism, hospitality, customer service and retail industries in places such as St. John's, Bonnyville, Alta., Edmonton and Fort McMurray, said Guth. About 60 more are being recruited and should be sent by May this year, he added.

Leslieville residential fire leaves one dead

One person has died in a residential fire near Gerrard St. E. and Greenwood Ave., Toronto Paramedic Services said Monday night.

Paramedics were called to the scene just after 8 p.m., alongside Toronto Fire crews.

One person was found in the basement of the two-storey home.

Paramedics say the victim was obviously dead, and was pronounced dead at the scene.

The age and gender of the victim was not known.

Fourteen fire trucks attended the scene of the blaze, which was upgraded to a two-alarm fire, along with 55 firefighters.

The fire was knocked down just before 8:30 p.m.

The fire marshal's office was notified, and was expected to take over the investigation. The cause of the fire was also unknown.

No one else was hurt in the fire. TORSTAR NEWS SERVICE

Arleen found her lowest price on car insurance, in just a few clicks.

The simple way to shop for insurance.

InsuranceHotline.com

Ontario Auto Insurance Rates Have Dropped

Could you be saving money?

The Financial Services Commission of Ontario (FSCO) reports that auto insurance rates dropped in the fourth quarter of 2014, in some cases by as much as six per cent. Did you see a change? One of the easiest ways to see if you're getting the best deal is by comparing rates using a site like **InsuranceHotline.com**.

Now's the perfect time for drivers to compare rates

Will switching providers save you money?

FSCO predicts lower rates will continue across the province, so now's the perfect time for drivers to compare rates. Insurance premiums are calculated based on a number of factors including your vehicle, your personal driving record, and where you live, so it's possible your rates did not change. If that's the case, or if you've recently moved or gotten a new vehicle, comparing rates today and switching providers could save you money.

Get a free quote today. It's quick and easy!

Answer a few simple questions about your vehicle and driving history and we'll give you quotes from more than 30 different insurance providers. It's fast, simple and free!

‘Heroes of the world’ finally get their due

New York. Canadians part of global initiative to honour those who saved lives during Armenian genocide

When more than one million people were being killed during the Armenian genocide 100 years ago, many people risked their lives trying to save others.

As a descendant of an Armenian family, Greg Sarkissian wants young generations to learn from that experience and build a future of tolerance.

Sarkissian, a Toronto resident, is among several Canadians whose stories will be told as part of 100 Lives, a global initiative seeking to pay tribute to people whose actions saved lives during the Armenian genocide.

“I call them heroes of the world,” he said from New York City, where the initiative was launched this weekend.

“Unfortunately our media generally talks about horror, death, killings, and seldom talk about stories of saving victimized people.”

The survival tale of his own family during those dreadful times is something Sarkissian had to find out through personal research, he said.

The search for his identity led Sarkissian to discover that his grandfather was hanged in front of his family in 1915, he said. But the man’s business partner, a Turkish Muslim named Haji Khalil, took great risks hiding and protecting the rest of the family and eventually sent them to Syria, said Sarkissian. GILBERT NGABO/METRO

Greg Sarkissian, centre, with Delal Dink, vice-president of the Hrant Dink Foundation, left, and Salpi Ghazarian, Armenian Institute director for the University of Southern California. CONTRIBUTED

Get there faster with 15,000 Aventura® Points.[2]

Get where you want to go faster by using your Aventura Points for any airline, every seat, with no blackout periods.

CIBC Aventura. So good even penguins can fly™.

CIBC

Visit us at cibc.com/penguinscanfly or call 1 855 813-9803.

[1]Aventura Points can be redeemed for up to 100% of the cost of airfare as well as (if you have sufficient Aventura Points) for taxes and other charges on airfare purchased through the CIBC Rewards Centre. You must book all flights through the CIBC Rewards Centre. Some taxes and other charges may be collected locally when you are travelling, and cannot be prepaid; please ask a CIBC Rewards Centre Counsellor for specific details. To learn more visit cibc.com/penguinscanfly. [2]Offer applies to the following newly approved credit card accounts: CIBC Aventura® Gold Visa* card and CIBC Aventura Visa Infinite* card (each an “Eligible Card”). If you apply for an Eligible Card and are approved, you will be eligible to receive the following (the “Offer”): a welcome bonus of 15,000 Aventura Points when you make your first purchase at any time with an Eligible Card. Visa* and Visa Infinite* are trademarks of Visa International Service Association and used under licence. The Contactless Indicator is a trademark of EMV Co. LLC. All other trademarks are owned by CIBC or related entities.

More than 4,000 police made six figures in 2014

A Toronto police constable who earned $244,000 in 2014 — more than double his base salary — is one of 4,125 police staff members who were paid more than $100,000 last year.

Only outgoing Chief Bill Blair, who collected $349,259, made more than Const. Abdulhameed Virani, a veteran officer assigned to downtown Toronto’s busy 52 Division.

“He’s a man driven to (take on a lot of) work,” said an officer who has worked with Virani but asked not to be named.

For years, Virani’s name has appeared near the top of the Toronto Police Service’s annual salary list, which the force is required to release under the Public Sector Salary Disclosure Act. The legislation was passed in 1996 to make Ontario’s public sector more open and accountable to taxpayers.

But this year, Virani moved into the second-highest spot, after the civilian police oversight board for the first time released figures that include what the force’s nearly 8,000 employees actually earned in 2014 when money paid for off-duty work was factored in.

In 2013, a total of 2,983 TPS employees made six figures.

For the 2014 reporting year, 544 additional TPS employees were added to the disclosure list because of paid-duty earnings. On their own time, Toronto police officers perform paid-duty assignments that can range from standing guard near a construction or roadwork site to patrolling sporting and special events, such as street festivals.

The board, which is responsible for negotiating the collective agreement, took the unusual step Monday of issuing a statement saying it has asked Blair to undertake a “thorough review” of salaries and the paid-duty program. Salaries make up 89 per cent of the force’s $1.15-billion budget.

Critics say previous calls for such reviews have resulted in no meaningful changes. TORSTAR NEWS SERVICE

By the numbers

- The current base salary of a constable is $88,844 to $96,846, plus benefits.
- The TPS has 5,300 uniform officers and 2,400 civilian employees.

ROCHON | GENOVA LLP
BARRISTERS – AVOCATS

DISABILITY CLAIMS?

Have you been denied or cut off from your long or short–term disability insurance benefits? We can help you!

- Free Consultation
- No payment until claim is settled

Call: 416-363-1867
www.rochongenova.com

Canada, U.S. reach customs agreement

Travel. Pre-clearance customs pact would allow agents to work on both sides of the border

Cargo trucks cross the Ambassador Bridge from Detroit heading into Windsor, Ont., in January. CARLOS OSORIO/THE ASSOCIATED PRESS

Travel to the United States by road, rail and sea could undergo a major revamp as the result of a new agreement between Canada and the U.S.

Public Safety Minister Steven Blaney and Homeland Security Secretary Jeh Johnson have signed a customs pre-clearance agreement that was years in the making.

The arrangement would allow customs agents to work in each other's countries, which means they could screen passengers away from the border and ease the choke points.

That process already exists in air travel at eight airports. People can clear U.S. customs in cities such as Vancouver, Toronto and Montreal and then, when they land, skip lines in U.S. airports.

The countries had signalled their intention to expand that arrangement to land and sea travel as part of the 2011 Beyond the Border deal between Prime Minister Stephen Harper and President Barack Obama.

But they missed a late-2012 deadline to reach a legal agreement that would let law enforcement officials operate inside the neighbouring country.

A little more than two years later, they have finally reached that deal.

The agreement builds on decades of pre-clearance operations in Canadian airports, and will enhance border security and create jobs, the U.S. Department of Homeland Security said in a statement.

The statement says the agreement applies to all modes of transport, potentially even passenger vehicles. It also says customs agents will be allowed to carry firearms in each other's countries.

THE CANADIAN PRESS

Alberta

Students able to use Aeroplan for school expenses

Some post-secondary students in Alberta are now able to use Aeroplan points to pay for tuition, textbooks, residence fees and meal plans. Some of the nine institutions on board so far include University of Lethbridge, Olds College, Red Deer College and Concordia University College of Alberta in Edmonton. GLOBAL EDMONTON/THE CANADIAN PRESS

Crime

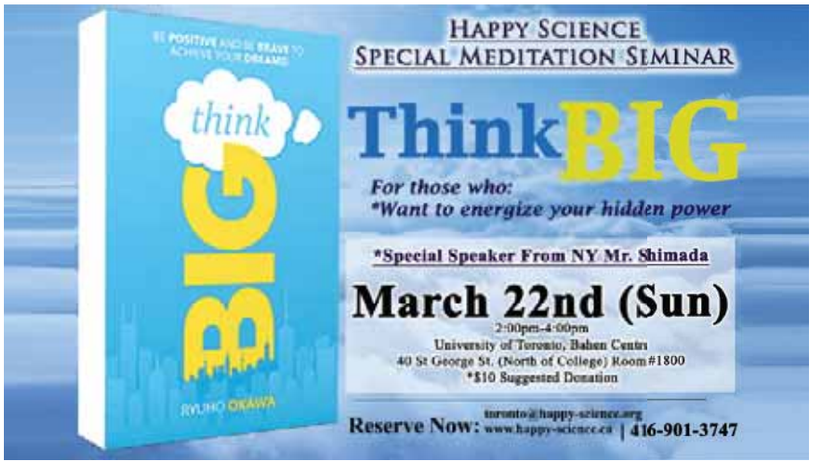
Parole board too low on resources to process pardons

The Parole Board of Canada says it can no longer dedicate resources to clearing a backlog of old pardon applications, leaving thousands of former offenders in legal limbo. The board's 6,000 remaining pardon applications received before the rules were changed in 2012 will be processed as time and money permit. THE CANADIAN PRESS

Bomb plots

Man accused of plotting bomb attacks remains in federal custody

A Pakistani man the federal government has branded as a supporter of ISIL and accused of plotting bomb attacks on downtown Toronto was ordered to remain in custody on Monday pending a deportation decision. Government lawyer Jessica Lourenco made no new allegations against him. THE CANADIAN PRESS



NEW
SEASON.
SAME
SWAGGER.
2015-16 SEASON SEATS
GET PRIORITY ACCESS TO PLAYOFFS AT RAPTORS.COM/SEASONSEATS
BMO
PROUD PARTNER OF
THE 2015-16 SEASON
"Toronto Raptors" and associated word marks and logos are trademarks, designs and other forms of intellectual property of NBA Properties, Inc. and the Toronto Raptors © 2015 NBA Properties, Inc. All rights reserved.

ELIZABETH BEDDALL/METRO

MetroTalks Thomas Mulcair

The NDP leader takes on Trudeau, Harper and the polls

MULCAIR IN FULL FIGHT MODE

ROSEMARY WESTWOOD
rosemary.westwood@metronews.ca

Polls be damned.

As far as Thomas Mulcair (or "Tom," as he likes to be called) is concerned, it's the pitbull versus the prime minister in the upcoming federal election.

"People want change. They say, 'When are you going to get rid of that bleep bleep Harper,'" the NDP leader said during a wide-ranging interview with Metro.

Often at ease, approachable and personable, Mulcair's trademark aggression (which won him the nicknames "Pitbull" and "Grizzly") flipped on when he spoke of the prime minister.

"Stephen Harper is my adversary. He's the one doing the damage to Canada's international reputation, he's the one who's hurting the average Canadian working family, he's the one who's damaging the environment."

Harper's recent battle against the Niqab and his assertion that it comes from an "anti-women culture" is reprehensible, Mulcair said.

"It leads to the feeling that it's OK to be Islamophobic," he added.

Harper aside, Mulcair has another fight on his hands in the headline-grabbing campaign of Liberal Leader Justin Trudeau.

Despite recent polls showing either the Conservatives or Liberals leading, Mulcair downplayed Trudeau's appeal and attacked him for a lack of leadership and his tepid support of Bill C-51.

"I'm the leader of the official Opposition," Mulcair said. "We're the only ones who have ever been able to stand up to Mr. Harper."

Besides, the NDP has "always fought for every column inch," he added.

Pundits warn that Harper could ride to yet another victory if the Liberals and NDP split the progressive vote. Mulcair said his party has been open to working with the Liberals to prevent that.

He extended the invitation in a speech one year ago, and then again in December. Both times the Liberals "slammed that door," Mulcair said.

"So my priority is getting rid of Stephen Harper. Justin Trudeau's priority is Justin Trudeau," he said. "The public will know that as they head into this election campaign."

They'll also need to know more about him.

Mulcair doesn't have Harper's longevity, Jack Layton's popularity, or Trudeau's celebrity. As he puts it, Trudeau's more Vanity Fair while he's more National Geographic.

What he does have is as much quirk as bite, cutting a grandfatherly figure in a dark suit and an orange tie dotted with tiny blue dolphins, and doodling a small flower while listening to a question.

Quick with sound bites, he's also a natural storyteller fond of historical interludes to illustrate a point (such as the NDP's role in founding public health care).

And he is, he says, principled before strategic.

"When you have convictions, you have to have the courage of those convictions, even when it's tough, even when you're being told that the polling numbers are completely against you," he said.

It remains to be seen if that will be enough to win.

‘As Toronto goes, so will go the rest of our economy’

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

Thomas Mulcair, a Montrealer, isn’t afraid to say that Toronto is Canada’s most important city.

In an interview with Metro’s editorial board on Monday, the NDP leader spoke about his cross-Canada urban strategy that recognizes the importance of Canada’s major cities to the country and its economy — Toronto above all.

“I make no bones about the fact that Toronto is Canada’s most important city. That’s a simple statement for me to make,” said Mulcair. “It’s a simple fact. Toronto is Canada’s most important city. It’s the key driver of our economy; as Toronto goes, so will go the rest of our economy.”

He recited a litany of facts to support that: The Greater Toronto Area has more than six million people, Toronto contributes 20 per cent of Canada’s GDP, and along with Montreal and Vancouver, the country’s three biggest metropolitan areas make up just over half of Canada’s population.

Quoted

“I make no bones about the fact that Toronto is Canada’s most important city. That’s a simple statement for me to make ... It’s the key driver of our economy.” NDP Leader Thomas Mulcair

Mulcair said residents of Canada’s other cities shouldn’t take his Toronto appreciation badly, because it’s part of a larger urban plan that recognizes the importance of all of Canada’s cities.

“When we’re talking about transit, I’m not excluding Calgary, Edmonton, Vancouver or Montreal. I’m saying every city in this country deserves to have a modern transit system, which we don’t have,” he said.

To support Toronto — and the country’s other major cities — Mulcair said an NDP government would work with provincial and civic leaders to support affordable housing, devote one extra cent of the gas tax to major cities’ transit and create new child-care space.

In Toronto, that means 164,000 new GTA daycare spots over eight years; about $90 million a year for transit; and a commitment to help fund the massive social housing repair backlog.

Before coming to Metro’s newsroom, Mulcair spent a half-hour in Toronto Mayor John Tory’s office Monday afternoon discussing those issues. Afterwards, Tory praised Mulcair for being upfront about Toronto — something, he noted, other politicians have been hesitant to do.

Tory himself admitted that in his days before being mayor, when he was CFL commissioner, he’d tell people from Western Canada he’s from “North York” so as not to disclose he’s from Toronto.

In quotes. Mulcair on terrorism, the youth vote and climate change

The youth vote

• “Young people today finishing their studies are finishing with $60- to $70,000 in debt. When are they supposed to start a family if that’s what they want for themselves?”

• “We have a generation now that’s earning less than their parents and grandparents. The biggest inequality in our country is between generations.”

• “In the last election, 65 per cent of young people aged 18 to 25 stayed home, two out of three. That worked out very well for Mr. Harper, by the way, because when young people stay home, the right wing wins and democracy loses. We have to change that.”

Racism and Islamophobia

• “We’re a country of immigrants. My wife is an immigrant to Canada. It’s becoming a more and more closed place under the Conservatives.”

• “Mr. Harper’s singling out of the Muslim community has been, I think, one of the worst things I’ve seen in my political career.”

• “If you have the highest elected official in the country openly using terms that can lead to Islamophobia. I find it reprehensible, it’s abject, and I never thought I’d see it in Canada.”

Terrorism and Bill C-51

• “This is a horrible piece of legislation, very dangerous to our rights and freedoms.

• “I’m not trying to understate the importance of fighting terrorism. This is a real issue that requires real solutions.”

• “When you have convictions, you have to have the courage of those convictions, even when it’s tough, even when you’re being told that the polling numbers are completely against you.”

• “You’re opening yourself up to First Nations groups, environmental groups, social activists being snooped on, having their privacy, their private life snooped on, because they’re doing what’s supposed to be normal in a free and democratic society.”

The importance of cities

• “I think the best plan is to have a federal government that works with the provinces and territories.”

• “People have to understand the importance of coming to grips with issues like gridlock.”

Environment

• “I would love nothing more than if my first act as prime minister of Canada would be to attend the COP 21, the Conference of the Parties to Kyoto, in Paris in December of this year. I firmly believe that this is the defining issue of our times, because it’s the future. This is the one that’s going to resonate for generations and generations to come it we don’t get it right. And we have to get it right.”

• “Canada is the only country in the world to withdraw from Kyoto and I think that’s scandalous.”

ROSEMARY WESTWOOD/METRO

Prime mug

I challenge you to a ... beard

LUKE SIMCOE
luke.simcoe@metronews.ca

It’s been more than 100 years since the highest office in Canada was held by a man with a beard — not since Mackenzie Bowell left office in 1896.

Thomas Mulcair is itching to change that.

“I think it’s long overdue,” he told Metro Monday, a wry smile peeking out from beneath his whiskers.

The NDP leader first grew a beard when he was 18, in a bid to look older during his first year of law school. Since then, he’s shaved it only once, in 1978.

“Not one of our friends recognized me,” he said.

Metro asked Mulcair to draw some facial hair on his two opponents in the upcoming election: Liberal Leader Justin Trudeau and Prime Minister Stephen Harper.

Trudeau’s mug received a five o’clock shadow in Liberal red, while Mulcair gave Harper a full beard in green.

“I’ll give Mr. Harper a green beard, so maybe he’ll think a little bit more about the environment,” he joked.

Asked to choose his favourite celebrity facial hair, Mulcair went with newly grey-whiskered Stephen Colbert

NDP Leader Thomas Mulcair and his wife Catherine Pinhas inspect celebrity beards, top. Below: Mulcair gives his opponents, Liberal Leader Justin Trudeau and Prime Minister Stephen Harper, some facial hair of their own.

3 things Catherine Pinhas thinks you might not know about her husband

“That he’s very kind.”

“He has a job as official Opposition, he has no choice, he has to stand up, and react. They might be surprised to know that he’s shy. Sometimes you’re going to see him feel a little bit uncomfortable if people say kind words. He feels a little embarrassed, I guess.”

“He is principled, and he’s a loving person.”

ALL PHOTOS: ELIZABETH BEDDALL/METRO

Middle East. ISIL using gas attacks, say Kurds

Kurdish forces in Iraq are investigating two other possible chemical weapons attacks by the Islamic State of Iraq and the Levant (ISIL), a top official said Monday, as authorities put an Iraqi offensive to retake Saddam Hussein's hometown on hold.

The two purported chemical weapon assaults resemble one claimed Saturday by Kurdish officials who say an independent laboratory concluded the militants used chlorine gas against its peshmerga forces in a Jan. 23 truck suicide attack. However, their claims were not immediately verified by international authorities.

Iraqi officials and Kurds fighting in Syria have made similar allegations about the militants using the low-grade chemical weapons against them. ISIL, which controls a third of Syria and Iraq in its self-declared caliphate, has not commented on the claims.

Gen. Aziz Wesi, in charge of a Kurdish special forces brigade, told journalists Monday that authorities declined to discuss the two newly announced attacks at the time when they happened on Dec. 26 and Jan. 18, out of fears of causing a panic.

Kurdish officials have offered footage of the aftermath of the Dec. 26 attack, which shows fighters coughing and pouring water over their heads after another suicide truck bombing that authorities say wounded some 60 men.

"I put a wet scarf on my face because when I saw the gas, I felt it," said Capt. Mohammad Sewdin, who leads the Kurdish special forces unit targeted in the December attack. "I was afraid it might be something like (chemical weapons). So I told my men to do the same."

Sewdin told The Associated Press he was temporarily blinded for six hours after the attack and coughed up blood. He and others were hospitalized.

THE ASSOCIATED PRESS

South Pacific rebuilds after 'monster' cyclone

Samuel, only his first name given, kicks a ball through the ruins of their family home as his father, Phillip, at back, picks through the debris on Monday in Port Vila, Vanuatu, in the aftermath of Cyclone Pam. Vanuatu's president, Baldwin Lonsdale, said that the cyclone that hammered the tiny South Pacific archipelago over the weekend was a "monster" that has destroyed or damaged 90 per cent of the buildings in the capital and has forced the nation to start anew. The United Nations says that 24 people are confirmed dead and 3,300 have been displaced by the cyclone. Meanwhile, the Canadian Department of Foreign Affairs says it's believed 29 citizens are in the affected region. Foreign Affairs says its office in Canberra, Australia, and the Australian High Commission in Port Vila are providing assistance to Canadian citizens in Vanuatu affected by the storm.

PHOTO: DAVE HUNT/THE ASSOCIATED PRESS, TEXT: THE ASSOCIATED PRESS & THE CANADIAN PRESS

Radicalism

ISIL-recruited Brits a growing worry

British police, under pressure to stem the flow of would-be militants eager to join the Islamic State of Iraq and the Levant, on Monday arrested an 18-year-old man suspected of planning to travel to Syria.

The arrest is a sign of increasingly strenuous efforts by police to stop the flow of radicalized young Britons to the Middle East.

THE ASSOCIATED PRESS

Israeli election

Netanyahu sliding, keeps hard line

In a frenzied last day of campaigning, Prime Minister Benjamin Netanyahu on Monday ruled out the establishment of a Palestinian state and vowed to strengthen construction in east Jerusalem settlements as he appealed to hard-line voters on the eve of Israel's closely contested general election. THE ASSOCIATED PRESS

JOIN US IN KICKING OFF TORONTO COMICON
DRESS UP ALONG WITH THE FAMOUS 501ST LEGION
PLUS! $5 MOLSON CANADIAN "GALAXY" BEERS*

FRIDAY | MARCH 20 | 7PM

IN PARTICIPATION WITH Toronto ComiCon MARCH 20–22

TICKETS AS LOW AS $10**
MARLIES.CA

#MARLIESSTARWARSNIGHT

MOLSON CANADIAN ANYTHING FOR HOCKEY

*OFFER APPLIES TO 14oz. MOLSON CANADIAN AND COORS LIGHT DRAFT BEER, AND IS VALID UNTIL CONCESSIONS CLOSE AT THE END OF THE SECOND INTERMISSION. LIMIT OF TWO BEERS PER PERSON, PER PURCHASE. PLEASE DRINK RESPONSIBLY. **BASED ON TICKETS IN THE ENDZONE SECTION. "TORONTO MARLIES", "MARLIES" AND ASSOCIATED WORD MARKS AND LOGOS ARE TRADEMARKS OF MAPLE LEAF SPORTS AND ENTERTAINMENT LTD. © & TM 2015 LUCASFILM LTD. ALL RIGHTS RESERVED.

RICOH COLISEUM AT EXHIBITION PLACE

Experts tout Coke as sensible snack

Nutrition. Beverage giant working with dietitians to push its mini-cans as guilt-free way to enjoy cola

Coca-Cola is working with fitness and nutrition experts who suggest its soda can be an acceptable treat, at a time when the world's biggest beverage maker is being blamed for helping to fuel obesity rates.

In February, several of the experts wrote online posts for American Heart Month, with each including a mini-can of Coke or pop as a snack idea. The pieces — which appeared on nutrition blogs and other sites including those of major newspapers — offer a window into the many ways food companies work behind the scenes to cast their products in a positive light, often with the help of third parties seen as trusted authorities.

Coca-cola is working with fitness and nutrition experts who suggest its cola as a healthy treat.
WILFREDO LEE/THE ASSOCIATED PRESS

Ben Sheidler, a Coca-Cola spokesman, compared the February posts to product placement deals a company might have with TV shows.

"We have a network of dietitians we work with," said Sheidler. "Every big brand works with bloggers or has paid talent."

Other companies including Kellogg and General Mills have used strategies like providing continuing education classes for dietitians and funding studies that burnish the nutritional images of their products.

PepsiCo has also worked with dietitians who suggest its Frito-Lay and Tostito chips in local TV segments on healthy eating.

Others use nutrition experts in sponsored content; the American Pistachio Growers has quoted a dietitian for the New England Patriots in a piece on healthy snacks and recipes and Nestle has quoted its own executive in a post about infant nutrition.

THE ASSOCIATED PRESS

Costco Canada

Licence to import fish suspended

The Canadian Food Inspection Agency has suspended Costco Canada's fish import licence, saying the retail giant is not reliably following food safety controls on a consistent basis. The suspension went into effect on Feb. 26.

THE CANADIAN PRESS

Premium text

Rogers agrees to refund fees

Rogers Communications has agreed, in a deal with the Competition Bureau, to pay refunds or credits to cellphone customers who were charged for premium text services from Jesta and MMS for services such as Mind Quiz, Love Crush and Joke a Day.

THE CANADIAN PRESS

GamePlus

CRTC backs Rogers on exclusive service

The CRTC ruled Monday that Rogers Communications can give its subscribers exclusive access to its GamePlus service, which delivers bonus content from NHL games. It dismissed a complaint filed against Rogers last fall by rival Bell TV's parent company. THE CANADIAN PRESS

Market Minute

DOLLAR
78.25¢ (+ 0.06¢)

TSX
14,862.76 (+ 131.26)

OIL
$43.88 US (- 96¢)

GOLD
$1,153.20 US (+ 80¢)

Natural gas: $2.716 US (- 1.1¢)
Dow Jones: 17,977.42 (+ 228.11)

DO YOU HAVE PANIC DISORDER?

Do you Experience Recurrent Attacks of:

- **Sudden, intense anxiety?**
- **Racing Heart?**
- **Shortness of breath?**
- **Sweating?**
- **Trembling?**
- **Thoughts of going crazy and losing control?**

If so, you may be suffering from PANIC DISORDER.

Dr. Smit Sinha is conducting a research study "The Endogenous Opioid System in Panic Disorder" that involves standard treatment.

Study participation is voluntary.

UHN Toronto General Toronto Western Princess Margaret Toronto Rehab

Please contact (416)-340-3156 for more information.

VOICES

A CITY OF TWO TALES

NDP Leader Thomas Mulcair and Liberal Leader Justin Trudeau make separate stops in Toronto within the same week — both touting very different paths forward

CHANTAL HÉBERT
readers@metronews.ca

Within the space of a single week, Justin Trudeau and Thomas Mulcair each delivered major speeches designed to stake out some critical pre-election territory.

Both opposition leaders chose Toronto as their venue, a decision dictated as much by the city's status as the national headquarters of the country's English-language media as by the GTA's weight in the outcome of next fall's election.

The similarities stop there.

Trudeau spoke to a non-partisan group made up of McGill University alumni.

Mulcair addressed one of the largest in-between-elections rallies that the federal NDP has ever held.

The Liberal leader spoke of values and denounced what he believes is a blatant Conservative attempt to use the terrorism file to divide Canadians along Muslim and non-Muslim lines.

Mulcair set out the urban agenda of an NDP federal government.

His speech emphasized Toronto's central place on the municipal map of the country — calling it the most important city in the country — but his prescriptions were generic.

Minus the local references, Sunday's text could easily serve as a template for similar speeches in Canada's other big cities.

The Liberal leader's speech was the more hard-hitting of the two but also the more high-risk.

Fostering discrimination against a minority is one of the most serious charges that an opposition leader can level at a sitting prime minister.

That could be construed as a glaring contradiction since it is Liberal policy to support Harper's controversial anti-terror legislation, regardless of whether or not the government addresses Trudeau's concerns about its reach.

Tom Mulcair shares a laugh with Justin Trudeau at a panel discussion on youth voting. ADRIAN WYLD/THE CANADIAN PRESS FILE

By comparison, Mulcair's speech was a safe one. It is hardly the first time that a federal leader promises the cities a better deal and there is little revolutionary about adding a seat devoted to urban affairs at the cabinet table of an NDP government.

The most controversial element of the speech — if you can call it that — was the contention that, more so than that of any other (smaller) Canadian city, the success of Toronto is essential to the country's economic health.

According to party strategists, Mulcair deliberately stuck to bread-and-butter issues the better to bring the economy back on the political radar.

They believe the issue is becoming a liability for the ruling Conservatives. (For the record, so far the latter still score better on the economy than their opposition rivals.)

In the end, the differences between the Trudeau and Mulcair speeches spoke more loudly of distinct pre-election needs than of different priorities.

Two years into his leadership, Trudeau has not yet quite shaken off the perception that he is a policy lightweight.

At the same time, the Liberals have made the strategic decision to not release their platform until the campaign.

In the absence of a fleshed-out policy book, the "values" speech Trudeau delivered last Monday was designed to anchor his political persona to some core principles.

It was also meant to offset the Liberal decision to support Bill-C51 by adding some space between Trudeau and the Conservatives on the larger anti-terror narrative.

The NDP's event, on the other hand, was at least as important for its form as for the content of Mulcair's speech.

The past four years have been miserable ones for the New Democrats, with precious little to suggest they are on the move nationally.

They have endured the untimely death of a much loved federal leader; the loss of power in Nova Scotia; a civil war at the top of Manitoba's NDP government; unexpected mayoral defeats in Toronto and Vancouver, and underwhelming provincial results across the country.

Against that backdrop, the successful staging of a major rally in Toronto — a city where the NDP lost a seat since the last election — was meant to at least project some critically needed momentum.

It was also designed to blunt some of the edges of Mulcair's image.

For all his success or, perhaps, because of it as the prosecutor-in-chief of the government in Commons, his profile outside Quebec remains both lower and not as voter-friendly as Trudeau's.

That he was under instructions to play nice may explain why Mulcair smiled his way through his Sunday speech. He smiled so hard as to make one wonder whether he was trying to channel Jack Layton.

Chantal Hébert is a national affairs writer.

Gentrification can include marginalized people too

YOUR RIDE
Glyn Bowerman

Something pretty amazing in the world of social outreach happened in Toronto last week, and it's caught the attention of homeless advocates across the country. A 106-bed shelter for women and children was slated to close at the end of March when a developer stepped in and offered space in a boutique condo in an upscale neighbourhood.

The news was celebrated around the city, especially in the increasingly trendy Leslieville neighbourhood, where 50,000 residents signed a petition demanding the shelter stay open, and stay open in their neighbourhood.

This is great news on the surface, and something all Canadian cities can learn from, says DJ Larson, a lawyer with PIVOT Legal Society in Vancouver. It proves that gentrification doesn't necessarily need to come at the expense of marginalized people. But she says planners need to make sure mixed-income neighbourhoods still offer other affordable services for low-income residents, or else those residents will be pushed out regardless.

"It's not that development in itself is a bad thing," Larson said. "But trying to create these neighbourhoods out of nothing, that are forced mix, can be problematic."

What she's talking about is the presence of laundromats, drop-in centres, affordable groceries and other low-income housing — establishments that historically disappear as neighbourhoods gentrify and begin attracting high-end shops and restaurants.

"Even if there's low-income housing and shelters, there's less services that people can access and afford," Larson said. "You may have a roof over your head but you can't do your laundry, you can't buy the food in your neighbourhood, food banks may start disappearing.

Her case in point is Vancouver's Woodwards development — a massive condo development in the Downtown Eastside that mixed high-income and low-income suites. While it became a new model for providing social housing in an upscale development, it also pushed out affordable shops and ushered in a new wave of high-end stores.

Larson said it's encouraging to know that residents of Leslieville rallied behind the shelter, and support having low-income residents in their neighbourhood.

But she worries that residents haven't considered all the implications of living in a truly mixed-income neighbourhood. And that to truly be inclusive, they need to advocate for the presence of all of the services that low-income residents need.

"Development is necessary and we know it's going to happen," Larson said. "It's a good thing to engage communities like Leslieville to have community members with higher incomes advocate for this. That's a really good starting place. I'd just caution governments into taking on these big projects until we have more information into how it affects people."

Glyn Bowerman is a Toronto-based journalist and theatre artist. He is also a regular contributor to Spacing Magazine.Follow him on Twitter @Banquos_Banquet

metro

Star Media Group President John Cruickshank • **Vice President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Vice-President & Editor-in-Chief, Metro English Canada** Cathrin Bradbury • **National Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Toronto** Angela Mullins • **Managing Editor, Features** Amber Shortt • **Managing Editor, Canada, World, Business** Matt LaForge • **Managing Editor, Life & Entertainment** Dean Lisk • **Distribution Manager** Steve Malandro • **Vice President, Content & Sales Solutions** Tracy Day • **Vice-President, Sales** Carolyn Sadler • **Vice-President, Finance** Phil Jameson • **METRO TORONTO** 625 Church St., 6th Floor Toronto ON M4Y 2G1 • **Telephone:** 416-486-4900 • **Fax:** 416-482-8097 • **Advertising:** 416-486-4900 ext. 316 • adinfotoronto@metronews.ca • **Distribution:** toronto_distribution@metronews.ca • **News tips:** toronto@metronews.ca • **Letters to the Editor:** torontoletters@metronews.ca

SCENE

Emile Hirsch heads to court

Scandal. Actor faces up to five years in prison for alleged assault at Utah club

Actor Emile Hirsch made his first court appearance Monday on allegations that he put a studio executive in a chokehold and dragged her across a nightclub table while in Utah for the Sundance Film Festival.

The Into the Wild star declined to comment Monday outside court in Park City.

His attorney Neil Kaplan said Hirsch is receiving counselling after going to rehab.

The actor from Encino, Calif., is charged with felony assault, which is punishable by up to five years in prison and a $5,000 fine. He also faces a misdemeanour count of intoxication.

He isn't required to be at the next hearing, set for April 13.

Hirsch may also be excused from other upcoming hearings, a concession often granted to out-of-state defendants who are co-operating, said Summit County prosecutor Ryan Stack. Stack said he had no comment on a possible plea deal.

The woman Hirsch is accused of assaulting on Jan. 25 is Daniele Bernfeld, an executive for the Paramount Pictures subsidiary Insurge Pictures.

Hirsch lawyer Robert Offer has said the actor was drinking alcohol and doesn't remember what happened that night. Offer also said last month that Hirsch checked into rehab within days of the incident.

Offer was not immediately available for comment Monday.

Hirsch is best known for his Into the Wild role. He was at Sundance for the premiere of the drama Ten Thousand Saints, in which he appears alongside Ethan Hawke and Asa Butterfield.

THE ASSOCIATED PRESS

Emile Hirsch ALL PHOTOS: GETTY IMAGES

Bye-bye, Bündchen?

Brazilian supermodel sensation Gisele Bündchen is reportedly set to retire from the runway after two decades in the spotlight. The whispers, which began with an editorial in Brazilian newspaper Moda Estadão, suggest that Bündchen will walk her last runway in April at the Colcci show as part of São Paulo Fashion Week. Bündchen, who shares a long-term relationship with the Colcci brand, has starred in many of its previous campaigns and also famously chose the brand for her return to the catwalk following the birth of her son Benjamin in 2010. Bündchen, reportedly the world's highest paid model for the last 10 years, most recently walked for Chanel in September 2014.

Gisele Bündchen

AFP

Jennifer Aniston

Uninvited guest plants himself on Aniston's lawn

Jennifer Aniston got some unsolicited gardening recently when a drunk driver reportedly jumped the curb and landed in her lawn, taking out some plants along the way, according to TMZ. It's unclear whether Aniston or fiancé Justin Theroux were home at the time, but her security guard called the cops who promptly arrived and busted the driver after he failed a sobriety test.

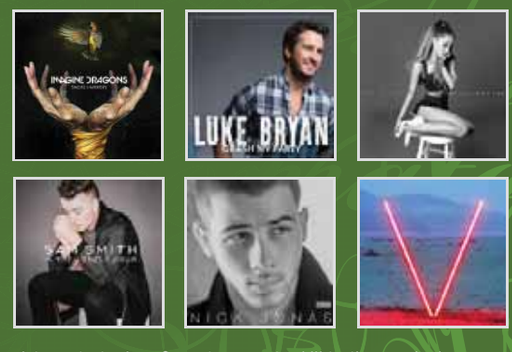
There's a very obvious Friends theme song joke in this about being stuck in second gear, but I like to think I'm better than that. (I'm not.)

Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

PIZZA NOVA®
PEEL to REVEAL
with every slice purchased you have a chance to WIN*
1 of 3
UNIVERSAL
UNIVERSAL MUSIC CANADA
UNIVERSAL MUSIC
VIP CONCERT TRIP EXPERIENCES*
A VIP Trip for Two anywhere in North America to see your favourite Universal Music Artist.
56,000
MUSIC DOWNLOADS & FOOD PRIZES TO BE WON!
*No Purchase Necessary. See in store for complete contest rules. Correct answer to skill testing required. Number of prizes available to be won and applicable odds of winning a prize will diminish as prizes are claimed. Contest closes May 17, 2015 or while supplies last.



Music film

Drizzy in a tizzy over unauthorized concert film

Canadian rapper Drake is not happy about a soon-to-be-released concert film.

"The Drake Homecoming film is not something OVO or Drake have any part in," Drake tweeted to his 21.6 million followers, referring to the record label he helped establish in 2012.

"I feel it is my responsibility to inform and protect my fans."

The statement has been favourited and retweeted more than 12,000 times.

Drake's Homecoming: The Lost Footage will be playing in select Canadian theatres on March 18 only. The concert film, which was shot in May 2009 at a sold-out show at Toronto's Sound Academy, shows the rapper performing just before his international breakthrough.

"No. 1, it's an authorized film," counters Mark S. Berry of Toronto's Attack Media Group. Berry is listed as a co-executive producer for the film.

According to Berry, Drake signed a contract in 2009 that gives him $15,000 for the film and a royalty participation of 15 per cent. It's a paltry sum for a rapper who could now demand a substantially higher fee.

"He's known about the movie for years," Berry adds.

Attempts to reach out to Drake's label representatives were not returned on Monday.

TORSTAR NEWS SERVICE

Quoted

"I feel it is my responsibility to inform and protect my fans."

Drake tweeted to his 21.6 million Twitter followers about the theatrical release of the unauthorized concert film Drake Homecoming: The Lost Footage

Drake is unhappy about the release of a concert film. GETTY IMAGES

World a happy hunting ground for UN playlist

Music. UN asks music lovers around globe to share songs that bring them joy, in honour of Day of Happiness

What is happiness? The United Nations is teaming up with pop stars to create a playlist that asks, in musical form, that eternal question.

A campaign launched Monday is asking listeners around the world to post through social media the songs that make them happy, with the playlist to be revealed Friday on the UN-declared International Day of Happiness.

The curators who will assess the responses and determine the playlist include the British singer-songwriters Ed Sheeran and James Blunt, U.S. singer-songwriter John Legend, French DJ David Guetta and the Portuguese pop star David Carreira.

UN Secretary-General Ban Ki-moon, who is not generally known for his rock star persona, announced the initiative in an MTV-style video in which he offered his vote for Stevie Wonder's 1970 hit Signed, Sealed, Delivered.

Ban said that the song — also known to be a favorite of U.S. President Barack Obama — represented his hopes for a successful agreement on climate change at a UN-led conference in Paris later this year. AFP

#HappySoundsLike

Last year, the International Day of Happiness invited music fans around the world to dance to Pharrell Williams' hit Happy, creating a viral sensation.

- **The campaign, which did not specify restrictions on genre, asked music fans to post songs on social media with the hashtag #HappySoundsLike. The playlist will be released by streaming service MixRadio.**

Gross National Happiness

The United Nations in 2012 declared an International Day of Happiness — which coincides with the first day of spring in the Northern Hemisphere — after an initiative by Bhutan, the Himalayan land that measures a Gross National Happiness instead of a standard economic indicator.

Singer-songwriter Ed Sheeran will help curate the "happiness" playlist. GETTY

TV. iZombie 'bringing sexy back' to the undead genre

Buffy fans, take note: There's a new young blonde woman with supernatural powers, firing off snarky quips. Except this time she's not so much fighting off supernatural creatures, as being one of them. Yes, Liv (Rose McIver) is a zombie, yes, she eats brains, but she's very nice, we promise. And lucky for her, she picks up abilities and memories from the brains she eats, so she uses her talents to solve murders on the CW's new iZombie. "This is a dark comedy," says co-star David Anders. "I'm calling it zom com rom dram."

He's not wrong. The show makes a point of having its zombies look a little less decrepit than your average Walking Dead zombie, and they're still engaged, active participants in their world.

"Zombies are bringing sexy back. It's flipping the genre on its head," he promises.

How sexy are these zombies? Says co-creator Rob Thomas, "we were calling the show ZILFs at one point."

LISA WEIDENFELD/METRO IN NYC

iZombie premieres Tuesday on the CW and will be available on streaming service Shomi on Wednesday. CONTRIBUTED

Community gets refresher course

Television. Cult fave gains a new home online with Yahoo

The world of TV is littered with examples of much-loved but under-watched shows that aired for a season and disappeared, but few have had as strange a life as Community, the pop culture-obsessed show about a group of misfits at a community college. After NBC finally pulled the plug, an unexpected saviour popped up in the form of Yahoo, and the show returns today with new episodes.

Series star Gillian Jacobs (Britta) says she's not too worried about the change in venue. "Post-House of Cards, you'd be silly to be nervous, especially at a place like Yahoo, that has the resources to really support the show," she says. "You look at the other programming they're doing — they have good taste! I mean, they liked us, so they have great taste."

The return of the show means viewers get to see all kinds of new journeys for the characters, and meet Britta's parents, who are played by Martin Mull and Leslie Ann Warren (or Colonel Mustard and Miss Scarlett, if you're Clue fans).

"As a Clue fan, I was really excited," says Jacobs of the casting. "We're starting to see a little bit more of the characters' outside lives, help inform who they are, why they are, what the hell happened to Britta to make her Britta."

She's referring, of course, to the various characters' tendency to call her "the worst" all the time, for her buzzkill tendencies. Would she ever want them to stop calling her that?

"No, I'm branded with that! It's a point of pride now, to be the worst. No, that's like a tattoo, I can't."

LISA WEIDENFELD/METRO IN NYC

Community actors Joel McHale, left, Gillian Jacobs and Ken Jeong. GETTY IMAGES

Comeback

- Community returns with online episodes Tuesday.
- Yahoo picked up the show after it was cancelled by NBC last year.

Global Reach. Innovative Programs. Diverse Perspectives.

Schulich School of Business | 50
BUSINESS EDUCATION TRANSFORMED

"With my Schulich MBA I built valuable leadership, time management and interpersonal skills, landing a position at Ernst & Young well before graduation."
Inder Dhillon (MBA '13)
Assistant Manager – Strategy
Middle East North Africa
ERNST & YOUNG (DUBAI)

Your MBA. Your future. You're invited.

Learn about Canada's Preeminent MBA Program

- Meet our Admissions Officer and check out our facilities
- 20 cutting-edge specializations, from Global Retail to Mining
- Consulting projects with real clients
- Integrated theory and hands-on learning
- Award-winning perspectives on responsible business

PROGRAM INFORMATION SESSIONS

March 19th
6:30 pm – 7:30 pm
Main Campus: 4700 Keele St.

April 1st
6:00 pm – 7:00 pm
Downtown Campus: 222 Bay St., Suite 500

Register at: schulich.yorku.ca/infosessions

Canada's Top-Ranked Business School

Schulich MBA – #1 IN CANADA (The Economist, Forbes, CNN Expansión) #1 IN THE WORLD (Corporate Knights)
Kellogg-Schulich Executive MBA – #1 IN CANADA (Financial Times) #1 IN THE WORLD (The Economist)

Schulich School of Business | YORK UNIVERSITÉ UNIVERSITY

Couples' vegetarianism 101

Healthy eating. It can be difficult to get meat-loving guys (and gals) to eat more veggies. Here are some tips on getting it done

EVA KIS
Metro World News

Eating less meat can reduce your risk of cancer, diabetes and heart disease. ISTOCK

How's your healthier eating resolution going? If you've had better intentions than follow-through, get back on the wagon this week with a change that won't turn your life upside down: a meatless day of the week.

Diana Rice, a dietician with the Meatless Monday campaign, an international effort that encourages people to not eat meat on Mondays to improve their health and the health of the planet, has plenty of suggestions to get you started — no matter what day it is. But she also speaks from experience when it comes to what will likely be your biggest obstacle (after cravings): your partner.

"My husband is from the (American) south, and growing up he didn't really think about the advantages of vegetarian anything," she says. Bacon and eggs for breakfast, a ham sandwich for lunch and a steak for dinner was pretty standard.

And while you probably know that eating less meat can lower cholesterol and reduce your risk of cancer, diabetes and heart disease, a lecture about the health benefits of veggies might be the only thing less appetizing to him than trading steak for tofu.

But don't give up hope. Rice, whose husband often serves as the "guinea pig" for her foodie experiments, shared her ideas.

Play up other flavours

"Pasta is such a versatile dish. It'd definitely be the place I'd start," says Rice. Use cherry tomatoes instead of sauce from a jar, fresh basil instead of dried and really good cheese, and he'll forget he's not eating meat. Shop at a farmers market so you know you're only buying what's in season, when it tastes best, and talk to the vendors to get ideas.

Don't get crazy

"If you're just starting out, don't buy tempeh and try to make some really weird vegetarian thing that's totally unfamiliar to you," cautions Rice. Work your way up to it by starting with what you already know: chili with beans instead of ground beef or using sautéed mushrooms as the main part of a dish instead of a side.

Think like a guy

If your guy likes steaks, try making a vegetable steak: Cut a one-inch-thick slice out of the middle of a cauliflower, brush it with olive oil and grill it, then serve it with some A1 sauce. "Having the vegetable be a standalone in the same way we might expect the steak or a piece fish to be can help us overcome that mentality that there is something lacking from the meal," says Rice.

Chef's choice

Most guys still aren't doing the cooking, so if they're hungry they'll probably eat what's in front of them. So don't be afraid to try something just because you think he won't like it. "A lot of times what I'll do is tell my husband, 'What we're having for dinner is a really great pasta dish,'" Rice says. "It just doesn't happen to have any meat in it."

Nutrition

The Rainbow Plate approach

Force-feeding kids a diet of facts and figures about the nutrients in fruits and vegetables and why they're good for us is no way to create a generation of healthy eaters.

It's far more important and effective to encourage kids to make nutritious food choices because they want to, says Janet Nezon, a Toronto-area food educator.

The concept Nezon developed and the name of the company she started three years ago is Rainbow Plate. "The reality is that if you are eating a vibrant mix of colours, you're covered (nutritionally)," she says. "So the simplest concept is to take your plate and create a rainbow plate."

The first step — in Nezon's program and for parents at home — is simply exposing kids to the wide range of produce available and engaging their interest.

The second key is that there should be no pressure on a child to try something new, Nezon says.

"You can't push vegetables on kids. You have to make food appealing and make it visually interesting ... but you don't make a big deal if they do or don't."

THE CANADIAN PRESS

Alphabet noodles in homemade tomato vegetable soup will distract kids from the veggies. THE CANADIAN PRESS

University of Toronto Department of Nutritional Sciences

We are looking for **male kids** and **adolescents** to participate in a research study.

REQUIREMENTS: 8-18 year old males
INVOLVES: 2-3 weekend visits
REWARD: $50/session + $12 travel

For taking part in this study, you will receive $50 as a thank-you gift and $12 for travel reimbursement for each session.

Please contact us at: 647-686-2045

Do you have diabetes? Would you like to lose weight?

Join a diet study at St. Michael's Hospital.

You may qualify if you:

- have Type 2 diabetes treated with tablets (but not insulin)
- are overweight
- are in good health

Call the Diabetes Weight Loss Diet Study at: 416-867-7474 or 416-867-7475

St. Michael's
Inspired Care. Inspiring Science.

Facebook buffs up its community standards

Content guidelines. Updates aim to target content promoting terrorist activity, crime and hate speech

Facebook's new guidelines say it would work with law enforcement "when we believe that there is a genuine risk of physical harm or direct threats to public safety." JONATHAN NACKSTRAND/THE ASSOCIATED PRESS

Facebook on Monday updated its community standards guidelines, giving users more clarity on acceptable posts relating to nudity, violence, hate speech and other contentious topics.

The world's biggest social network said it does not allow a presence from groups advocating "terrorist activity, organized criminal activity or promoting hate."

The new guidelines say Facebook will take down "graphic images when they are shared for sadistic pleasure or to celebrate or glorify violence."

Nudity is also removed in many cases but allowed for images of breastfeeding, art or medical conditions.

"These standards are designed to create an environment where people feel motivated and empowered to treat each other with empathy and respect," said a blog post from Facebook global policy chief Monika Bickert and deputy general counsel Chris Sonderby.

"While our policies and standards themselves are not changing, we have heard from people that it would be helpful to provide more clarity and examples, so we are doing so with today's update."

The need for an update

"It's a challenge to maintain one set of standards that meets the needs of a diverse global community."

Facebook global policy chief Monika Bickert and deputy general counsel Chris Sonderby in a blog post

The guidelines say Facebook members should use their "authentic name," a move that appears to head off criticism from people who use stage or performance names instead of their legal name. In October Facebook said it would ease its "real names" policy that prompted drag queen performers to quit the social network and sparked protests in the gay community and beyond.

Facebook's new guidelines said it would remove content, disable accounts and work with law enforcement "when we believe that there is a genuine risk of physical harm or direct threats to public safety."

But it added "that something that may be disagreeable or disturbing to you may not violate our community standards."

The move comes as Facebook and other social media struggle to define acceptable content and freedom of expression. "This is particularly challenging for issues such as hate speech. Hate speech has always been banned on Facebook, and in our new community standards, we explain our efforts to keep our community free from this kind of abusive language."

Facebook said earlier this year it was putting warnings on "graphic content," which would also be banned for users under 18. AFP

France. Ads using overly thin models could face ban

France's health minister says she supports plans to criminalize the use of advertising with anorexic models in France.

The measure would add France, a world capital of fashion, to the movement in countries like Israel and Spain that are cracking down on the glorification of dangerously thin models.

Socialist lawmaker Olivier Veran, who is also a doctor, wants to add language to an upcoming health bill to make it illegal to employ models deemed to have an eating disorder. Modelling agencies would have to produce a medical report showing that their models have maintained a healthy mass-to-height ratio.

A second change in the law would make it a crime to glorify "excessive thinness," which would target those who run pro-anorexia websites, punishable by up to one year in prison and 10,000 euros ($13,500) in fines.

The amendments are part of a health reform bill to be presented in parliament's lower house on March 31. A previous draft bill on the same issue never got to a vote by parliament in 2008.

Up to an estimated 40,000 people suffer from anorexia in France, 90 per cent of them women, according to the health ministry.

In 2007, Spain banned models from the catwalks whose body mass-to-height ratio was below 18. In Israel, a law in 2013 banned underweight models.

THE ASSOCIATED PRESS

France's health minister wants to crack down on "excessive thinness" in advertising and on the runway. ISTOCK

Pair green beer with twist on Irish fave

Dinner. St. Patrick's Day is your lucky day — with an easily assembled Magic Shepherd's Pie

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

What comes to mind when you think of St. Patrick's Day? Green Beer? Shamrocks? Lucky charms?

The Irish celebrate this saint for his role in bringing Christianity to Ireland. One of the key elements of the celebration is the lifting of Lenten restrictions, just for one day. Awww, come on! You can't expect a promise of abstinence to last for six whole weeks, can you? No wonder this day of green wearing and binge drinking has been embraced so much.

Traditional Irish dishes include Shepherd's Pie, Boiled Dinner with corned beef and cabbage, and Colcannon, consisting of mashed potatoes and cabbage. There are as many variations of these recipes as there are cooks but most are basic and use the affordable staples available in Ireland.

Potatoes are popular because they are plentiful, corned beef and cabbage can be stored during long periods of time or harsh weather and Shepherd's Pie can be made from practically any minced meat.

Irish meals are no longer boiled and boring, but historically, Irish culinary creations leaned toward a soft, bland outcome. Spices tended to include, um, salt and pepper.

Thyme, parsley, rosemary, and sage are typical as are leeks, onions and garlic.

Whatever you make, pair it with green beer. It is a rite of passage, and as they say, "Everyone is Irish on St. Paddy's Day."

Ingredients

- 4-6 slices phyllo pastry
- Extra virgin olive oil
- 1 1/2 lbs ground lamb
- 2 leeks, sliced
- 1 tbsp butter
- 1 white potato, diced small
- 1 tsp dried rosemary
- 1 tsp garlic powder
- 2 tbsp flour
- 1 1/2 cups dark beer
- Salt and white pepper
- 1 carrot

This recipe serves four. THERESA ALBERY

Magic Shepherd's Pie

This pie is magic because, unlike traditional recipes, it comes together in less than 30 minutes —no layering of mashed potatoes or pastry required. It is simply a one-pot meal made with ground lamb while phyllo pastry puffs bake in the oven to become a very pretty topping.

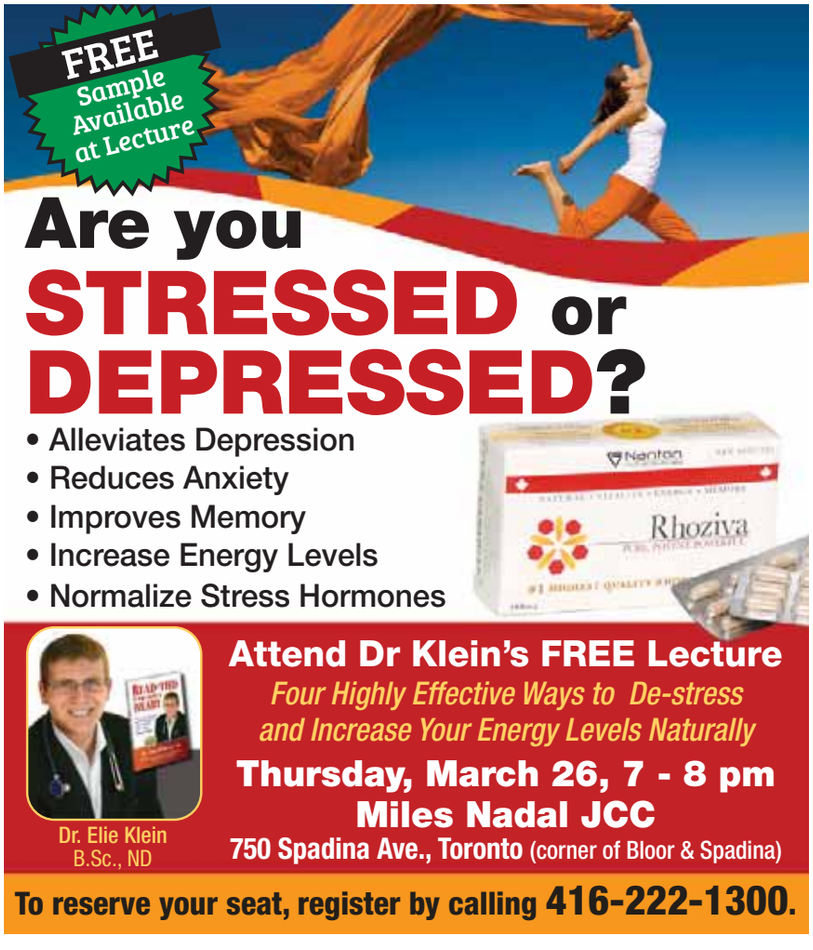
1. Turn oven on to 400 F.

2. Oil a baking sheet and take one sheet of phyllo into your oiled hands. Rub both sides of the sheet with oil and scrunch into a loose ball. Place onto baking sheet and continue with remaining sheets. Drizzle additional tablespoon of oil over all pastries before baking. Bake for 10 or just until browned.

3. Meanwhile, brown ground lamb in a pot over medium-high heat and then empty to drain fat through a strainer. Set aside. Clean and slice leeks and add to the same pot with butter over medium heat, stir to soften. Add diced potato and stir for a couple minutes. Add rosemary and garlic powder, stir for one minute. Pour beer into a bowl and stir flour in to dissolve then add to pot and stir to thicken. Return meat to pot, salt and pepper.

4. Peel carrot into ribbons, directly into the pot.

5. Cover and simmer 15 minutes to cook potatoes. Empty into a pie plate and top with baked phyllo. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND AT MYFRIENDINFOOD.COM**


FREE
Sample Available at Lecture
Are you
STRESSED or DEPRESSED?
• Alleviates Depression
• Reduces Anxiety
• Improves Memory
• Increase Energy Levels
• Normalize Stress Hormones
Nantan
Rhoziva
Attend Dr Klein's FREE Lecture
Four Highly Effective Ways to De-stress and Increase Your Energy Levels Naturally
Thursday, March 26, 7 - 8 pm
Miles Nadal JCC
750 Spadina Ave., Toronto (corner of Bloor & Spadina)
Dr. Elie Klein
B.Sc., ND
To reserve your seat, register by calling 416-222-1300.

Restaurants. NYC bids adieu to Mad Men with liquid lunch special

New York is saying goodbye to hit U.S. television drama Mad Men in a manner that would make its '60s protagonist Don Draper proud: with a boozy lunch promotion.

As the series approaches its final seven episodes, fans will be able to purchase two drinks for an iconic price of $19.69, across a handful of New York restaurants.

Since it debuted on AMC cable television in 2007, tens of millions worldwide have become devoted followers of the fortunes of the tortured New York advertising executive, often portrayed with drink in hand, and his colleagues.

Those wishing to commemorate the show's final episodes will be able to order two lunch cocktails or choose from a two-course, prix-fixe menu at 34 restaurants during Mad Men Dining Week.

Thirty-four New York restaurants are partaking in Man Men Dining Week. AMC/LIONSGATE

The final season begins airing on April 5.

The lunch deal is a send-up of New York's traditional Restaurant Week that features dining promotions.

"We thought this was a fantastic opportunity to say farewell to a fantastic TV show," Avery Fletcher, director of sales and marketing for the restaurant 21 Club, told the New York Times.

"The characters would have been right at home here."

Like 21 Club, many of the participating restaurants are 1960s mainstays, and all will serve era-appropriate food and drink during the promotion, which lasts from March 23-29. AFP.

Family. Not all sniffles are worth a sick day

How do you know when you should keep your kid home from school?

While it may seem obvious, the decision can be difficult for it requires juggling the family schedule. Chicago pediatrician Dr. Hanna Chow-Johnson lays out guidelines to help parents do what's best for their child and his classmates.

Beginning with obvious cases such as fevers, many schools prohibit a child from attending until he's been fever-free for 24 hours.

Same for stomach problems such as gastroenteritis or the stomach flu that can cause vomiting and diarrhea, says Dr. Chow-Johnson.

"Children should not go back to school until both the vomiting and diarrhea are gone for 24 hours," she says.

It's acceptable to send your kid to school with a minor cough, but make sure to teach them coughing etiquette. ISTOCK

When it comes to colds, a minor cough is acceptable, but Dr. Chow-Johnson reminds parents to teach their children proper coughing hygiene, which includes coughing into a tissue or their elbow, accompanied by frequent hand washing.

Believe it or not, something as simple as a sore throat may be reason enough to keep the child home.

Children with strep throat are contagious and should not be in school until they have been on an antibiotic for 24 hours," she says.

"If it is a viral infection, go by comfort level as far as returning to school."

Lice and conjunctivitis are highly contagious and call for keeping the child home.

Symptoms of conjunctivitis — also known as pink-eye — include discomfort, redness and swelling around the eyes and a discharge that can cause the eyelids to stick together.

"Your child is contagious with bacterial or viral conjunctivitis until the redness and discharge are gone," says Dr. Chow-Johnson.

"If the cause is viral eye drops won't help. The only cure is time. Don't send your child to school until the redness is gone." AFP

Survey shows millennials are actively seeking out the news

Trends. Younger generation uses social media to engage in world issues, with older generation beginning to follow

Young adults have a reputation for being connected to one another and disconnected from the news. But a survey has found that mobile devices and social networking are keeping them more engaged with the broader world than previously thought.

They want news, they say, though they don't always aggressively seek it out — perhaps simply happening upon it on a friend's online feed. And they want it daily.

The survey was conducted by The Associated Press-NORC Center for Public Affairs Research and the American Press Institute.

It's been a slowly building trend in news consumption that experts say is trickling up to older generations — and that young people say helps them stay current, even if they never read an actual newspaper or watch the evening news on TV.

Among other things, the respondents said their consumption of news and information on various devices was most often sparked by an interest in civic issues, for social reasons, including discussing a topic with friends, or because they just find it enjoyable.

The survey found that young adults generally get harder news from more traditional news sites and "softer" lifestyle news from social networks, Facebook being the overwhelming favourite.

Survey respondent Travis Morgan, 33, jokes that it may make him "sound like an old man," but he likes reading printed newspapers. THE ASSOCIATED PRESS

Still, only 39 per cent of the survey respondents said they typically actively seek out news, while 60 per cent said they mostly "bump into" that type of content as they do other things on Facebook and other sites.

But Tom Rosenstiel, executive director of the American Press Institute, noted that many respondents who generally let news come to them might comment on a story posted by a friend or look for more information because they were skeptical.

"So there's a level of activity or participation that wasn't even possible in earlier times," says Rosenstiel, who will present the survey findings in Nashville.

He also noted that 70 per cent of young adults surveyed say their social media feeds include a mix of viewpoints, increasing their chances of reading a wider array of content.

Overall, the survey found that the average young adult regularly uses three or more social media platforms, among them Twitter, YouTube and sometimes Tumblr and Reddit.

That said, survey respondent Travis Morgan says he likes reading a printed newspaper and watching news on television — and using a search engine to dig more deeply if he wants to know more.

"This may make me sound like an old man," Morgan, a 33-year-old pilot from Grants Pass, Ore., says, laughing. "I just want the story. I don't want opinion. I don't want all this extra stuff."

But that's not true for many of his elders. Experts who track the public's online habits say that on-the-go news consumption is growing among older generations as well.

Joseph Kahne, a professor who studies civic and political engagement online, has found a steady increase in news consumption and social media across all age groups.

That's good for getting people more involved with topics of the day, says Kahne, an education professor at Mills College in Oakland, Calif., who chairs the MacArthur Foundation Research Network on Youth and Participatory Politics.

The survey of 1,046 young adults was conducted from Jan. 5 through Feb. 2, 2015.

THE ASSOCIATED PRESS

By the numbers

The survey of Americans ages 18 to 34 found that:

- **60 per cent.** Say they consume news online regularly, often on a social networking site.
- **40 per cent.** Do so several times a day.

Internationally Educated Professionals Bridging Program

ARE YOU A NEW CANADIAN AND PROFESSIONALLY SKILLED IN
BUSINESS, HR OR IT?
Feel overqualified but undervalued? Position yourself for a career that matches your credentials and experience.

Ontario
www.yorku.ca/makemore
makemore@yorku.ca
416 736 5620
liberal arts & professional studies
YORK UNIVERSITÉ UNIVERSITY

Advice

Don't be Oliver Twist when it comes to your pay

OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear Metro,
I've been at my job for three years and am still making the same salary as when I started. I really want to ask for a raise at my upcoming performance review, but there's one problem: I'm a wuss! The thought of requesting more money makes me very uncomfortable. How can I get over my anxiety, and get more cash?
— Please, Sir, I Want Some More

Dear PSIWSM,
Although your pseudonym is cute, performance meetings are no time to channel malnourished Dickensian orphans. When asking for a bump to your pay stub, ditch timidity for tenacity.

To build your confidence — and your case for more coin — review your concrete achievements from the past three years. What assets have you brought to your company and why are you great at your job?

Jot down your accomplishments and prepare an assured-but-appreciative argument. Knowing your spiel won't just settle your nerves — it will also make your claim more persuasive.

Making an appeal for a salary increase may feel uncharacteristically haughty. But if a pay hike is merited, asking for one isn't arrogant.

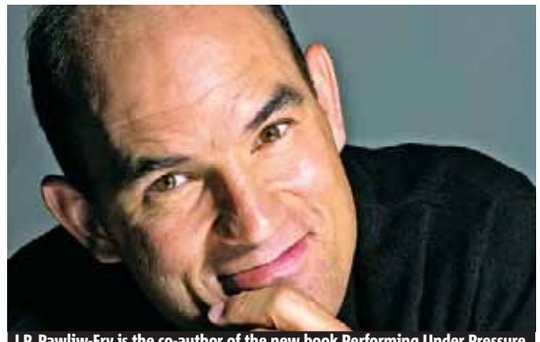
Dear Metro,
My office is pretty gossipy, but I try to stay out of the drama. However, it recently came to my attention that someone has been bad-mouthing the quality of my work. I really don't want to get involved in some immature spat, but I also want to set the record straight. What's better: ignoring my enemies or fighting them off?
— Your Words, They Hurt

Dear YWTH,
Base your reaction on the vigour of this rumour. Forgettable by Friday? Just forget about it. But if you're colleague's psst-pssting might weaken your professional reputation, consider a calm but direct response.

Go for the source. Ask your scandal-spewing colleague for a coffee, then ask for an explanation. This isn't a confrontation: Keep your comments reasonable and your tone relaxed. Be upfront about your feelings, but avoid getting passive-aggressive. In short: Don't give them anything new to gossip about. The most effective way to downplay performance-related gossip is to perform effectively. Don't let behind-your-back grumblings distract you from your day-to-day tasks. Stay focused, and no one will speak ill of your work — because it will speak for itself.

When you feel the push of pressure

Book. Canadian performance coach shares his secrets for coping with stress



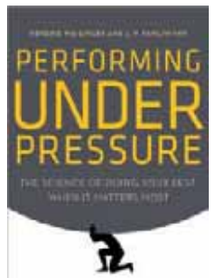
J.P. Pawliw-Fry is the co-author of the new book Performing Under Pressure.
THE CANADIAN PRESS

From writing exams to taking a game-winning shot, virtually everyone will be confronted by a pressure moment, but a Canadian performance coach says there are strategies to put the squeeze on stress and thrive in tough challenges.

Toronto-based J.P. Pawliw-Fry teamed with renowned psychologist Hendrie Weisinger on the new book Performing Under Pressure (Crown Business).

Pawliw-Fry spends part of his time working with athletic organizations like the NBA's Orlando Magic. He also worked with now-retired Canadian beach volleyball teammates John Child and Mark Heese who won bronze at the 1996 Olympics. But the bulk of his work is with organizations, including Fortune 100 companies, the U.S. Army and Navy and CIA.

Performing Under Pressure involved a multi-year study of 12,000 people, including Fortune 500 executives, CEOs, Navy SEALs and Olympic athletes. It zeros in on the top 10 per cent to see why they could manage pressure more effectively. The authors write a key differentiator was "an ability under pressure not to become defensive when criticized." They were are also sensitive to physiological arousal "shifts," allowing them to do things like breathe slower which helps them process information more effectively.



"That top 10 per cent, they weren't perfect under pressure. (But) they were better able to minimize the effect of pressure on them," said Pawliw-Fry, co-founder of the Institute for Health and Human Potential.

The book outlines 22 pressure solutions. Among them: downsizing the importance of the moment, recalling previous successes and focusing on what is within control.

Pawliw-Fry said a strategy students can use prior to taking a test is to write out how they're feeling.

"When we do that, it actually takes those kind of thoughts and emotions and feelings out of what's known as our working memory — which is kind of a space above the eyes, behind the forehead — where we can hold onto four or five ideas, chunks of information ... at any one time. That's where we do our thinking on a test.

"If that space is clouded up by worries, thoughts, emotions, there's no space to think."

THE CANADIAN PRESS

Irish, if only for a day

St. Patrick's Day. Green beer, loud singing, dance troupes, and a parade make it a celebration

JAY MENARD
For Metro

Each year, on March 17, Canadians embrace the colour green for a celebration borne of Irish pride. And part of the cross-cultural appeal of St. Patrick's Day comes from a sense of inclusion.

"I think there's a couple of things that make it so popular," explained Sinead Brown, a member of the Toronto St. Patrick's Day parade executive committee. "For one, it's just a really fun holiday to celebrate.

"And on that day, everyone's Irish. It's just fun to be a part of that."

St. Patrick's Day has a rich history in Canada. Toronto's parade, which took place on Sunday, celebrated its 28th anniversary. The parade has existed since the mid-1800s, though. Montreal's parade has run annually since 1824.

And other provinces are happy to be part of the action. For example, St. Patrick's Day is a government holiday in Newfoundland and Labrador, while British Columbia and Manitoba have run multi-day Irish cultural festivals to commemorate the festivities, including parades. There are also parades in Alberta and Nova Scotia.

Across the country, bars — both Irish, and not — break out the green beer, decorate their locations in shamrocks and leprechauns, and invite patrons to join the revelry. Patrons dine on Irish fare, Irish music is played, and Irish cultural centres, clubs, and dance troupes perform for celebratory crowds.

It's the accessibility and welcoming nature of Irish culture that people find appealing — and what helps St. Patrick's Day grow.

A young parade goer holds the flag of Ireland as he watches the floats go by at an annual St. Patrick's Day parade in Toronto. The Toronto parade has existed since the mid-1800s. KEVIN FRAYER/THE CANADIAN PRESS

"When I was growing up, I did Irish dancing and everyone in my class was Irish," Brown explained. "After Riverdance, more people from different cultures came to class and it just grew in popularity.

"St. Patrick's Day is just one of those rare, cultural holidays where you don't have to be part of it to celebrate."

Who was the patron saint of Ireland?

St. Patrick, the patron saint of Ireland, was born in Great Britain around 385 AD, according to the Vatican.

He was brought to Ireland as a slave in his youth, eventually escaping. He returned as a priest, eventually becoming Bishop of Ireland, and is credited for organizing the Catholic Church throughout Ireland and converting many Irish to the faith.

The Vatican reports he died in 461.

The famous story of St. Patrick driving the snakes from Ireland has been called into question. Evidence suggests Ireland likely never had snakes and that the term is merely a euphemism for the Druids, who previously lived in Ireland.

HALF CIDER. HALF LAGER.
ALL IRISH.

Mix things up for St. Patrick's Day with a beer cocktail.

LET'S GET LCBO TOGETHER

Please Drink Responsibly.
Featured products available at select LCBO stores.

21470 Toronto Metro

SPORTS 4

Jays' arms race still escalating in Dunedin

Spring training. Sanchez, Norris, Estrada vie for two starter spots; bullpen still very much under construction

Aaron Sanchez is vying for a spot in the Toronto's suddenly wide-open starting rotation. RICK MADONIK/TORSTAR NEWS SERVICE

Fewer than three weeks remain until the Blue Jays open their season against the Yankees in New York City, but there is still considerable uncertainty about which 25 guys will be heading north with the club.

Ramon Santiago's broken collarbone would appear to clear the way for Ryan Goins to nab the backup infielder's job, but as the gut-punch of Marcus Stroman's season-ending injury continues to settle in, the repercussions of his absence are still being sorted out in the rotation and the bullpen.

Aaron Sanchez, Daniel Norris and Marco Estrada are now vying for two starting jobs, rather than one, and the Jays are prepared to let the best men win.

"It's not really about track record; it's about how they look this spring," said pitching coach Pete Walker in a phone interview.

But small sample sizes and the unpredictable quality of competition render spring training stats mostly useless. So the Jays brass will be keeping a close eye on other details in the pitchers' performances.

For Norris, a 21-year-old southpaw who struck out nearly one-third of the batters he faced in the minors last season while he ascended three levels of the Jays' farm system, the key will be getting quicker

Marco Estrada, left, and Daniel Norris are also entrenched in the battle for starting spots. TORSTAR NEWS SERVICE

outs so he can get deeper into games.

"He certainly can strike you out," Walker said. "We want to see him pound the zone."

If he doesn't get the job, Norris would likely start in Triple-A Buffalo rather than serve in the Jays' bullpen.

Sanchez, on the other hand, will serve as a high-leverage reliever if he's not a starter. The team knows what the 22-year-old can do as a reliever, given his sterling performance last season. But in order for him to win a starting job, Walker said, he needs to show better command of his secondary pitches, namely his changeup and his curveball, which lay mostly dormant as he pitched out of the 'pen last season.

"He's certainly shown that his stuff can be dominant," Walker said. "We know what his fastball can do. I think right now with him he's trying to establish his secondary stuff."

Estrada, a veteran swingman acquired from Milwaukee for Adam Lind, is the safer, unsexy choice of the three. The 31-year-old has a 4.20 ERA in 71 career starts .

But chances are the Jays would prefer that Sanchez and Norris prove up to the task. It would be a high-risk, high-reward proposition.

As for the bullpen, aside from Brett Cecil — who is expected to assume the closer's role — and lefty Aaron Loup, the other five spots are as yet unclaimed (though Estrada will land one if he's not in the rotation).

"It's really a work in progress," Walker admitted. Other front-runners include Steve Delabar, who is hoping for a comeback after a disastrous 2014, sinkerballer Chad Jenkins and long reliever Todd Redmond. Emerging flamethrower Miguel Castro is an intriguing dark horse.

"We're going to let it play out," Walker said. "It might go right up until the last day of camp."

TORSTAR NEWS SERVICE

NBA

Pacers tripped up by Lowry's triple double

Kyle Lowry had 20 points, 11 rebounds and 10 assists, Lou Williams scored 24 points, and the Toronto Raptors pulled away for a 117-98 victory over the Indiana Pacers on Monday night.

The Raptors (40-27) set a franchise record by earning their 40th win in just 67 games. They had never achieved that feat in fewer than 70. THE ASSOCIATED PRESS

Kyle Lowry led the Raptors to a win Monday in Indianapolis. THE ASSOCIATED PRESS

NHL

Stamkos' pair leads Lightning past Habs

Steven Stamkos had two goals and added an assist and the Tampa Bay Lightning beat the Montreal Canadiens 4-2 Monday night in a matchup of the Atlantic Division's top teams.

Both have 93 points, but Montreal has played one game less.

Valtteri Filppula and Victor Hedman also scored for the Lightning, who have outscored Montreal 16-5 in winning all four games between the teams this season. THE ASSOCIATED PRESS

Samsung GALAXY Note 4

TWO COUNTRIES
ONE UNLIMITED PLAN

Unlimited data & text; plus talk in Canada and across the USA.

$39/mo

OFFER ENDS SOON

WIND
true mobile freedom

Offers are valid as of February 2015 and are subject to change or cancellation without notice. All unlimited plan features in Canada are from anywhere on our network, otherwise long distance and roaming rates apply. $39 promotional plan cannot be combined with the Bring/Buy Your Own Phone offer. For eligible devices, the $39 plan may be activated in conjunction with WINDtab. All services subject to WIND's Terms of Service, Fair Usage Policy and Internet Traffic Management Policy and are for personal use by an individual. Applicable taxes extra. Additional terms and conditions apply. Learn more at WINDmobile.ca. © 2015 Samsung Electronics Canada Inc. All rights reserved. Samsung is a registered trademark of Samsung Electronics Canada Inc., and Samsung Galaxy Note 4 is a trademark of Samsung Electronics Canada Inc. and/or its related entities, used with permission. Screen images simulated. WIND, WIND MOBILE and TRUE MOBILE FREEDOM are trademarks of Wind Telecommunicazioni S.p.A and are used under license in Canada by WIND Mobile Corp. © 2015 WIND Mobile

A little sneeze never hurt anyone...

Toronto Blue Jays outfielder Kevin Pillar suffered a "freak" mishap Sunday, injuring his ribs while sneezing. Here's a selection of memorable freak injuries in sports lore:

TORSTAR NEWS SERVICE
Photos by Getty Images

Kendrys Morales

INJURY: Broke ankle during walk-off celebrations, May 29, 2010
GAMES MISSED: Rest of the 2010 season and all of 2011 as well
IN SHORT: Morales stroked a walk-off grand slam for the Angels but it all went wrong when he leapt into a crowd of teammates waiting at home plate.

Dustin Penner

INJURY: Back spasms while eating pancakes, Jan. 9, 2012
GAMES MISSED: One
IN SHORT: Penner leaned to dig into a stack of pancakes when the L.A. Kings forward felt his back "squeeze" inwards. He said he felt something from an earlier sneeze. He was a good sport about it and later cooked pancakes for a charity.

Enner Valencia

INJURY: Cut his big toe stepping on a tea cup, last week
GAMES MISSED: One
IN SHORT: The West Ham United striker went to hospital for stitches for a bad cut on his toe after stepping on what was said to be pieces of a broken tea cup.

John Smoltz

INJURY: Burned chest while ironing, July 1990
GAMES MISSED: None
IN SHORT: Smoltz spent over a decade refuting a report he ironed himself while wearing a damp shirt because he was in a hurry. Eight years later, he said he had a steamer to iron out wrinkles, but he left it for a moment, and when he came back, it blew up and the hot water burned him.

Tuesday, March 17, 2015

Service Directory
To advertise contact Ian March at 416-443-4388

PSYCHIC

Astrologer & Psychic - Pandit DEVADAS
Are you Suffering from Problems:
Love, Marriage, Kids,Education
Job, Money, Health, Sexual Etc
GIVE ME ONE CHANCE & SEE
YOU YOUR LIFE PROGRESSING
Private & Confidential
I CAN HANDLE ANY PROBLEM, QUICK RESULTS
He is Very Special in Removing Black
Magic, Bad Luck, Jadoo, Voodoo through
Performing Poojas & Gives 100% Protection
647-622-9097, 647-719-3459
5210 Finch Ave E, #1, Scarborough M1S 4Z6
(MIDDLEFIELD & FINCH, INSIDE GOLDEN BAKERY)

Indian Astrologer & Psychic
In 24 Hrs, Any Problem can be Solved
Pandit: Sri Sri
is Expert in all Kinds of
Numerology & Astrology
Past, Present and Future
I will Remove Black Magic,Bad Luck, Jadoo,
Obeya, Evil spirits, Evil Eye , Negativity &
Gives 100% Life Long Protection
Love - Money - Job - Health
Relationship - Family - Court
Children - Divorce Etc
GURU GIVES 100% QUICK RESULTS
289-242-1803
40 Dundas St W, Mississauga L5B 1H3
Hwy 10 & Dundas, Inside Dollar Shop

metronews.ca

RELAY FOR LIFE
Canadian Cancer Society
IT'S A JOURNEY.
GO THE DISTANCE.
Accept the baton and walk to fund vital cancer support services and Canada's most promising cancer research.
Learn more and register today!
relayforlifeontario.ca
1-866-201-6202

Service Directory

To advertise contact Ian March at 416-443-4388

FINANCIAL

OVERWHELMED BY DEBT?

CALL THE Licensed Debt Professionals™

GET OUT OF DEBT!

- Avoid Bankruptcy
- 1 Low Monthly Payment
- No Interest Charges
- Stop Collection Calls
- Government Licensed Proposal Administrators

David Sklar, CPA, CA, CIRP, Trustee

FREE Consultation 310-9200

(NO AREA CODE NEEDED)

DAVID SKLAR & ASSOCIATES INC.
Licensed Proposal Administrators & Trustee in Bankruptcy

HEAD OFFICE: 245 FAIRVIEW MALL DRIVE, SUITE 720, TORONTO, ON, M2J 4T1
NORTH YORK • TORONTO • PICKERING / AJAX • MISSISSAUGA / ETOBICOKE • BRAMPTON

www.DavidSklar.com

CALL ERIKA
(LICENSED DEBT EXPERT)

STOP COLLECTION CALLS
GET DEBT RELIEF NOW!

Reduce or Eliminate Tax Debt too.
Stop Garnishments and Court Actions
Debt Proposals, Debt Counselling, Avoid Bankruptcy
Call NOW to talk with a Government-Licensed Expert
Low income? No problem! Ask about our affordable, very low fee to get Debt-Free.
We're here to help. Friendly, Caring Professionals.
Free consultation. Same day appointments.

1-877-332-8416
416-288-8048

Scarborough (Main office), Weston,
Brampton, Oshawa, Mississauga (Pt Credit)

Rusinek & Associates Inc Trustee in Bankruptcy
www.rusinek.ca

WANT YOUR DEBT GONE?

WELKERANDCOMPANY.COM

WE'RE HERE TO HELP

- Erase your debt
- Stop collection calls
- Avoid bankruptcy
- Reduce your stress
- Stop garnishments
- Get a fresh start

FREE CONSULTATIONS

647-793-6411

MAIN OFFICE: 1989 WESTON ROAD, TORONTO
TORONTO | BRAMPTON | MISSISSAUGA | SCARBOROUGH | BARRIE

WELKER AND COMPANY

Federally Licensed: Proposal Administrator & Trustee in Bankruptcy

MONEY PROBLEMS?

Make One Small Monthly Payment For All Your Debts!

WE CAN
- Stop Collection Calls
- Reduce your Debts
- Stop Wage Garnishment
- Stop Interest Right Away
- Re-Establish your Credit
- Deal with your Tax Issues

Visit:
GtaCredit.Com

North York (416) 650-1100	Scarborough (416) 754-0011
Mississauga (905) 275-4200	Ajax / Oshawa (905) 426-8400
Brampton (905) 796-3100	Toronto Downtown (416) 489-2000

gta credit

Call for a FREE & CONFIDENTIAL meeting with one of our Govt. Registered Counsellor

INSURANCE

COVER YOURSELF FOR THE ONES YOU LOVE.

FUNERAL INSURANCE PLANS
FROM: $1,000 to $25,000
NO Medical Exams - NO Premium Increases

Canadian Final Expense Plan

NO OBLIGATION QUOTE:
416-485-9752 or 1-800-672-3195
www.cfepontario.com

Underwritten by ACE INA Life Insurance.

TOO MANY BILLS... ...GET A FRESH START!

Bankruptcy • Proposals
Debt Counselling

416-740-5400

Toronto • Rexdale
Etobicoke • North York
Don Mills • Bloor West
Scarborough

KEVIN THATCHER & ASSOCIATES LTD.
TRUSTEE IN BANKRUPTCY

905-273-6300 Mississauga • Brampton
1-888-329-5198 www.billfixer.com

FREE CONSULTATIONS
EVENING APPOINTMENTS
FLEXIBLE PAYMENTS

Head Office: Rexdale, others non-resident

EDUCATION

Be a Healthcare Professional in Months!

Financial Assistance May Be Available to Those Who Qualify
Second Career Training Funding May Be Available
FREE Instructor-Led English Classes

Healthcare Programs

- Personal Support Worker*
- Medical Office Assistant*
- Medical Office Assistant with Health Unit Coordinator Specialty*
- Community Service Worker*
- 40 Other Diploma Programs

* With Internship

647-691-0899 | 416-969-8845
WWW.AOLTORONTO.COM
INFO@AOLTORONTO.COM

Academy of Learning Career & Business College (Bay/Bloor) is registered as a Private Career College under the Private Career College Act 2005 and is operated by 1069195 Ontario Inc.

ANDERSON COLLEGE
OF HEALTH, BUSINESS AND TECHNOLOGY

Become an Esthetician
Program Includes Practicum

Financial Assistance May Be Available to Those Who Qualify
Second Career Funding Available to Those Who Qualify
FREE Instructor-Led English Classes

647.691.0936 • 416.466.6107
andersoncollege.com

Robetech Institute Inc. o/a Anderson College of Health, Business and Technology is a Registered Private Career College under the PCC Act 2005.

LOWEST RATES for bad credit loans since1984

Need a loan?
FAST Same day loans

Personal loans ▸ Up to $5000 (1 yr on job; $16/hr.min.req.)*
Car paid off? ▸ Up to $20,000 (car 6 years or newer)*

Open loans. Pay off early. Get refund.

416 634-2026
*Call for details and conditions

PrudentLoanApprovals.com
A division of Prudent Financial Services

DEBT RELIEF

Are you drowning in debts?
I can help you...

- Consolidate debts, no interest
- Settle your debts without a bankruptcy
- Stop collection calls and garnishments
- Get rid of tax debts and court actions

NONA KUMAR
Estate Administrator
Credit Counsellor

Free Consultation: 416.455.7709
Evenings and weekends appointment also available

Rumanek & Co. Ltd. Administrators of Proposals, Trustee in Bankruptcy & Debt Consolidation Arrangements:
Head Office in North York, ON. Offices in Scarborough & Mississauga.

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
If there is something you need to get finished, get on with it. When the Sun moves into your sign Friday there will be so many new things to focus on you won't have time.

♉ Taurus
April 21 - May 21
Don't get annoyed if people get on your nerves. The problem is you, and the closer you get to Friday's eclipse the more sensitive you will be.

♊ Gemini
May 22 - June 21
You usually manage to get what you want. The only problem is you may be so heavy-handed that even your friends will get annoyed. Think before you speak or act.

♋ Cancer
June 22 - July 23
You will have no trouble asserting yourself but with Venus, planet of harmony, moving into the friendship area of your chart why not charm your way to success?

♌ Leo
July 24 - Aug. 23
Do something dynamic over the next 24 hours. This is also a good time to take a vacation — so long as it's the kind where you are active.

♍ Virgo
Aug. 24 - Sept. 23
You will find it easier to talk to colleagues without some kind of fight breaking out now Venus is moving into a more positive area of your chart.

♎ Libra
Sept. 24 - Oct. 23
How you react to people will determine how well you do financially and career-wise over the next few months. Go out of your way to find solutions to existing problems.

♏ Scorpio
Oct. 24 - Nov. 22
Something you have been working on is no longer worth the effort, so let it go. Later this week a change of pace will be necessary. Slow down!

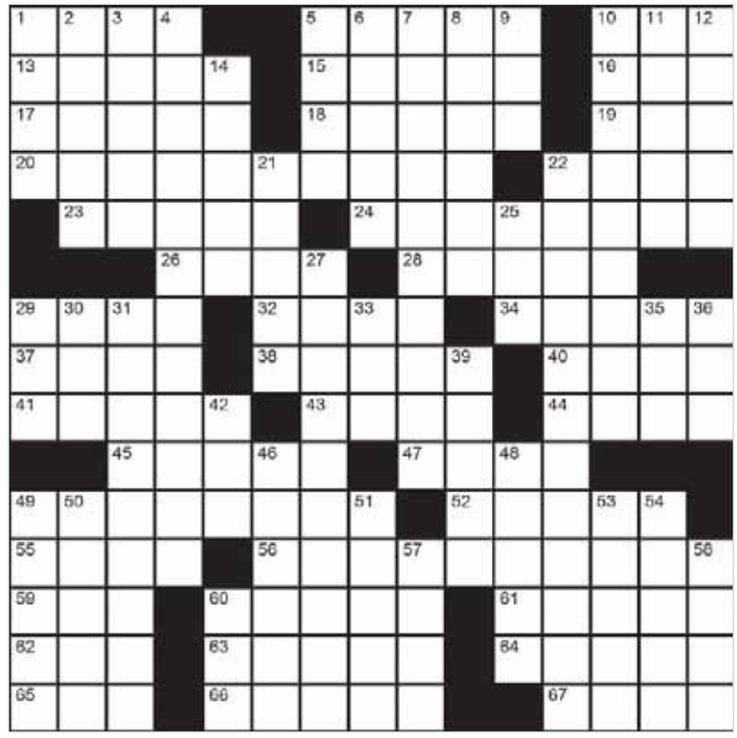
♐ Sagittarius
Nov. 23 - Dec. 21
Start something new today. When the Sun changes signs at the end of the week you will find it suddenly takes off — and your reputation will take off with it.

♑ Capricorn
Dec. 22 - Jan. 20
If someone says something that annoys you today you must let them know you are not amused. Nip it in the bud.

♒ Aquarius
Jan. 21 - Feb. 19
You have been unusually quiet of late but when the Sun changes signs on the 20th you will find your voice again.

♓ Pisces
Feb. 20 - March 20
Put financial considerations first today, especially if you are the kind of Pisces who usually does not have a clue how much is coming in and how much is going out. Cut back on now or suffer later on.

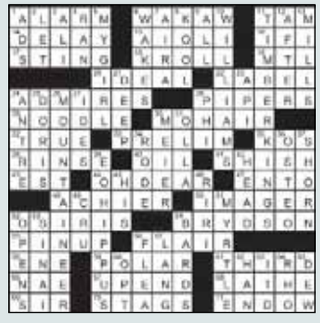
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Clutch
5. Style of dance
10. Peak of Crete, Mount __
13. Soap star Ms. Sofer's
15. It's the 'Fountain' of "Three Coins in the Fountain" (1954)
16. Fam. member
17. "Oooh, go jump in __!"
18. Encourages
19. "Monsters, __." (2001)
20. Meal preparation item: 2 wds.
22. Mount of Greece
23. Prefix to 'metre'
24. Manitoba community northwest of Winnipeg
26. Audacity
28. Respond
29. Frolic
32. Condition
34. "The __ Birds" ('80s miniseries)
37. "Bye!"
38. Keanu Reeves movie
40. Countryside creatures
41. Carpenters hit: "For __ __ Know"
43. Rock band, __ Earth
44. Miss White
45. Construe
47. Jazz singing style
49. AABBA pattern, fitting for March 17th
52. Tapestry wall-hanging
55. 'Origin' suffix
56. The __ (Traditional band of Eire)
59. __ mask (Spa offering)
60. Ms. Rimes
61. Worried
62. Prior
63. Goody-goody
64. Irritating individual
65. '75-premiering NBC show
66. Sub instrument
67. Nastassja Kinski title role

Down
1. 1. 'Tele' suffix
2. "The Beachcombers" role
3. Have __ __ to grind
4. Product by since 1897 Canadian food community, a place perfect for St. Paddy!
11. Crowded
12. Rio Tinto __ (Montreal-based aluminum company)
14. Austrian actress Ms. Berger
21. Golden coatings
22. Theatrical stage area for musicians: 2 wds.
25. Consume
27. 1993 Jennifer Aniston movie with the tagline 'Your luck just ran out.'
29. Elvis record label
30. Well driller's exclamation!
31. GQ Magazine poser: 2 wds.
33. Actor Stephen
35. Speedwagon's lead-in
36. Australian state [acronym]
39. Morning drink selection
42. Eire's locale, for short
46. Roman orator
48. Conductor Mr. Rodzinski
49. Illuminators
50. "Where do _ __?" (Direction-needer's query)
51. Sorta
53. Supermarket lane
54. Daggers
57. Power [abbr.]
58. Li'l water channels
60. 33.3 rpm-ers
brand Magic: 2 wds.
5. Ticket tidbit
6. Archer's need
7. Dancer's rehearsal wear: 2 wds.
8. Slender
9. Three-toed sloths
10. New Brunswick brand Magic: 2 wds.

Yesterday's Crossword

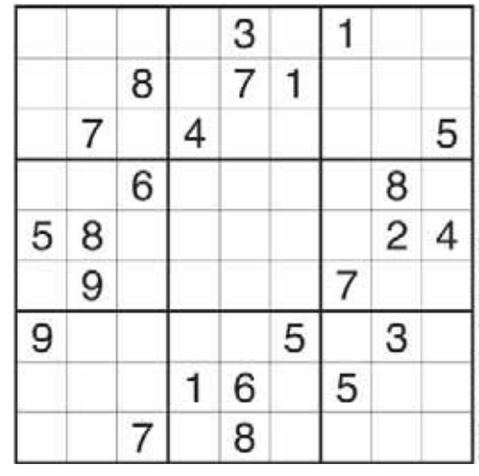


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



©2015 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

Yesterday's Sudoku

1	9	4	5	3	2	8	6	7
2	3	8	7	6	1	9	4	5
6	7	5	9	8	4	3	1	2
7	2	3	6	5	8	4	9	1
8	6	1	4	7	9	5	2	3
4	5	9	1	2	3	6	7	8
9	1	2	3	4	5	7	8	6
5	8	7	2	9	6	1	3	4
3	4	6	8	1	7	2	5	9

DO YOU HAVE LOCKED-IN PENSION MONEY?
You can have your money from a former pension if you are in financial problems.
(416)832-4468
Pension Benefits Claims

MORTGAGES
1st & 2nd Mortgages
Debt Consolidation
*Low Rates, *No Fees
Bad Credit Welcome
*CREDIT APPROVED
*terms and conditions apply Lic# 10154
Mortgage Genie
www.mortgagegenie.org
416-667-9834

@metrotoronto
metro

HAPPY ST. PATRICK'S DAY!